Junior Training
Programs
Strength and Plyometric
U14 and under
Warm-up

The definition of warm-up in sport terms; to be mentally and physical ready to perform a strenuous act or movement skill. Athletes should focus on range of motion movements that prepare them for the sport in which they are preforming in combination with mixed movements. Body temperature should be warm to the core not just skin deep. Injury from insufficient warm-up is the most silent enemy of an athlete. Warm up must be consistent before jumping and training!! Do not change due to venue etc.
Example

Design the warm-up to be consistent and with safety in mind. Should be able to do warm-up everywhere and in any kind of conditions; ice, snow, rain, indoor, outdoor etc. Make sure the warm-up is not a workout and add some light sport specific hops such as, squat jumps, counter movement jumps etc. Wake up the nervous system.

1. Run 02106
   - 10 mins light jogging

2. Deep squat 01212
   - 1 x 15 bodyweight squats

3. Leg swings 01189
   - 1 x 15 each leg
     Forward/Backward

4. Leg swings 01191
   - 1 x 15 each leg
     Lateral

5. Hip rotation 02867
   - 1 x 6 each leg
     Close the Gate - walking forward

6. Hip rotation 02868
   - 1 x 6 each leg
     Open the Gate - walking backward

7. Hip flexion backward walk 01204
   - 1 x 8 each leg
     standing RDL stretch

8. Arm swings 02882
   - 1 x 10 over and back
     Arm Circles: around once, stop, then go back bigger circles each rep

9. A-skip 01271
   - 2 x 10m
     walk back between

10. B-skip 01418
    - 2 x 10m
      jog back between

11. Knee lifts 01272
    - 2 x 10m
      High Knees
      backpedal back between
MOTOR SKILLS
Phase 2
- ABC’s, multi-lateral movement
- Emphasis on proper movement patterns
- Start very basic and develop progressively

STAMINA
Phase 3
- Aerobic base first before growth
- Sets foundation for higher intensity training after growth
- Important for ability to sustain energy and performance levels through long training day

FLEXIBILITY
Late Phase 1 and first half Phase 2
- Opportunity to improve flexibility
- Continue to focus on in later phases to maintain, increase strength through full range of motion
- Especially important in phase 3 (growth spurt), though likely won’t make gains

STRENGTH
12-18 Months after maximum growth is reached
Strength training should begin before this window with emphasis on proper technique
- Prior to this window, gains are from neuromuscular adaptation
High intensity anaerobic power work yields only little gains until after this phase

High impact Plyometrics should follow this phase, prior plyo work must emphasize technique and be low impact only body weight
MALES

U-10

Important: Flexibility and body weight technique

---Motor Skills---

ABC’S multi-lateral Development

Emphasis on proper movement patterns

Start very basic and develop progressively

In this Phase, flexibility gains are most apparent. It is important to make stretching a habit in your daily life.

---

U-12

Important: Beginning pubescent stage

---Skills-----

Refinement of skills before reaching puberty

Athletes have to be proficient in all skills listed in the U-10 category.

Ladies be very careful in this stage as you are reaching your max growth. Stays on top of flexibility while your body if stretching out. Don’t expect to see large gains. Be patient

---

U-14

Important: Mid pubescent stage

---Building Strength------

12-18 months after you have stopped growing you can now really start to train to see gains in strength training, stamina and speed.

Be cautious in these years to not miss your opportunity to build strength while staying on top of your flexibility.

During this age, it is also important to focus on stamina. A 30 minute jog/bike ride 3 times a week would be a great addition to the proposed workouts.

---

• Stamina
• Flexibility
• Coordination
• Speed
• Agility
• Balance

• Stamina
• Flexibility
• Coordination
• Speed
• Agility
• Balance

• Stamina
• Flexibility
• Coordination
• Speed
• Agility
• Balance

Youth U-10 training program

Youth U-12 training program

Youth U-14 training program

Junior Programs U14 Under
FEMALES

MOTOR SKILLS

Phase 2
- ABC’s, multi-lateral movement
- Emphasis on proper movement patterns
- Start very basic and develop progressively

STAMINA

Phase 3
- Aerobic base first before growth
- Sets foundation for higher intensity training after growth
- Important for ability to sustain energy and performance levels through long training day

SPEED

Phase 2, late Phase 3
- 3 elements:
  1. Reaction time
  2. Movement time
  3. Forward maximal velocity
- Short bursts
Beyond these windows, speed increase primarily due to muscle strength

FLEXIBILITY

Late Phase 1 and first half Phase 2
- Window of opportunity to improve flexibility
- Continue to focus on in later phases to maintain, increase strength through full range of motion
- Especially important in phase 3 (growth spurt), though likely won’t make gains

STRENGTH

Immediately following max growth
Girls 2nd half Phase 3 and phase 4 on
Strength training should begin before this window with emphasis on proper technique
- Prior to this window, gains are from neuromuscular adaptation
High intensity anaerobic power work yields only little gains until after this phase

High impact Plyometrics should follow this phase, prior plyo work must emphasize technique and be low impact only body weight
## FEMALES

### U-10

**Important:** Flexibility and body weight technique  
---Motor Skills---  
ABC’S multi-lateral Development  
Emphasis on proper movement patterns  
Start very basic and develop progressively

### U-12

**Important:** Pubescent stage  
Maximize fundamental skills  
---Skills----  
Refinement of skills before reaching puberty  
Athletes have to be proficient in all skills listed in the U-10 category.  
Ladies, be very careful in this stage as you are reaching your max growth. Stay on top of flexibility while your body is stretching out. Don’t expect to see large gains. Be patient

### U-14

**Important:** Post-puberty females  
---Building Strength-----  
You can now really start to train to see gains in strength training, stamina and speed.  
Be cautious in these years to not miss your opportunity to build strength while staying on top of your flexibility.

- Stamina  
- *Flexibility*  
- Coordination  
- Speed  
- Agility  
- Balance

- Stamina  
- Flexibility  
- Coordination  
- *Speed*  
- Agility  
- Balance

- *Stamina*  
- Flexibility  
- Coordination  
- *Speed*  
- Agility  
- Balance  
- *Strength*

---

**Youth U-10 training program**  
**Youth U-12 training program**  
**Youth U-10 training program**

---

Junior Programs U14 Under