

Strength & Conditioning- Home Programme

11-14 years



Circuit 1 - Once per week		
	Sets x Reps	Notes
Lizard Crawls	3 x 10m	Stay low, twist to look at bent knee
Wall Sit Holds	3 x 60s	90 degree angle, feet flat on the floor
Clock Lunges	3 x 3 round	Lunge to 12, 3, 6, 9 o'clock
Lateral Shift	3 x 6 each side	Feet wide, hips low, shift weight across side to side
Single Leg Hip Bridge	3 x 8 each side	Push through heel
T-Press Ups	3 x 10	Press up then twist on to side
Lying TYI's	3 x 8 each	Faced down, forehead on the floor, thumbs up
Plank Series (Front, Left, Right)	3 x 60s each	Don't arch lower back
SL Hop & Stick (Same Leg)	3 x 6 each side	Focus on landing- knee alignment forwards

Circuit 2 - Once per week		
	Sets x Reps	Notes
Caterpillar Crawl (Inchworm)	3 x 10m	Keep legs straight throughout
Squats	3 x 12	Make sure knees are aligned with toes
Walking Lunges	3 x 8 each side	Keep torso upright
Lateral Lunges	3 x 8 each side	Big step, feet pointing forwards
Double Leg Hip Bridge	3 x 10	
Press Ups	3 x 10	
Band Face Pulls	3 x 12	Retract shoulder blades
Deadbugs	3 x 6 each side	Maintain back position- don't let it arch
Double Leg Jump & Stick	3 x 10	Focus on landing- knee alignment forwards

Conditioning- One of each session per week	
<i>Make sure you do this session on a flat surface after a thorough warm-up.</i>	
RUNNING OPTION 1	
1 minute run: 1 minute walk	x 8
RUNNING OPTION 2	
30s run: 30s walk	x 15
* If you play any hockey/rugby/football matches, then these replace the above sessions (unless you didn't consider them to be tough!).	

Speed - Once per week
<i>Make sure you do this session on a flat, dry surface after a thorough warm-up.</i>
Run 20m as fast as you can then rest for 30 seconds. Repeat this 6 times. Rest for 2 minutes then repeat another set of 8.

The body needs time to recover and repair from all sport and exercise, and minimise injury. This is particularly important during periods of rapid growth!

Ensure you have **2 COMPLETE REST DAYS** per week.

Strength & Conditioning- Home Programme

15-18 years



Circuit 1 - Once per week		
	Sets x Reps	Notes
Lizard Crawls	3 x 10m	Stay low, twist to look at bent knee
Wall Sit Holds	3 x 60s	90 degree angle, feet flat on the floor
Clock Lunges	3 x 3 round	Lunge to 12, 3, 6, 9 o'clock
Adductor Bridge (Knee on chair)	3 x 20s each side	Rest on you elbow on your side. Top knee on chair. Hold position
Single Leg Hip Bridge (Foot Raised)	3 x 8 each side	Push through heel
T-Press Ups	3 x 10	Press up then twist on to side
Lying TYI's	3 x 8 each	Faced down, forehead on the floor, thumbs up
Plank Series (Front, Left, Right)	3 x 60s each	Don't arch lower back
SL Hop & Stick (Same Leg)	3 x 6 each side	Focus on landing- knee alignment forwards

Circuit 2 - Once per week		
	Sets x Reps	Notes
Caterpillar Crawl (Inchworm)	3 x 10m	Keep legs straight throughout
Paused Squats (5 second hold)	3 x 8	Make sure knees are aligned with toes
Single Leg Squat to Chair	3 x 8 each side	Make sure knees are aligned with toes
Single Leg Arabesque	3 x 8 each side	Keep hips square. Slow movement
Single Leg Hip Bridge Hold	3 x 10	Into hip bridge position and hold.
Press Ups	3 x 10	
Band Face Pulls	3 x 12	Retract shoulder blades
Deadbugs	3 x 10 each side	Maintain back position- don't let it arch
Double Leg Jump & Stick	3 x 10	Focus on landing- knee alignment forwards

Conditioning- One of each session per week*	
<i>Make sure you do this session on a flat surface after a thorough warm-up.</i>	
RUNNING OPTION 1	
1 minute run: 1 minute walk	x 12
RUNNING OPTION 2	
30s run: 30s walk	x 20
* If you play any hockey/rugby/football matches, then these replace the above sessions (unless you didn't consider them to be tough!).	

Speed - Once per week
<i>Make sure you do this session on a flat, dry surface after a thorough warm-up.</i>
Run 20m as fast as you can then rest for 30 seconds. Repeat this 6 times. Rest for 2 minutes then repeat another set of 8.

The body needs time to recover and repair from all sport and exercise, and minimise injury. This is particularly important during periods of rapid growth!

Ensure you have **2 COMPLETE REST DAYS** per week.