

## u12s Program

1. Mountain Climber
  - Foot as close to hand as possible
  - Straight back
  - Push hips down
2. Single Leg Balance
  - Soft knee, no lockout
  - Close eyes for more of a challenge
3. Wall 'A' Pauses
  - Push hip into armpit
  - Fully extend ground leg
  - Chest/head up
4. Double Leg Landings
  - Absorb the landings
  - Control before standing
  - No knee/chest collapse
5. Bodyweight Squat Arms in Front
  - Drive knees out
  - Hips low
  - Chest up
6. Vertical Jump
  - Control landing
  - Extend hips, knees, ankles
  - No knee collapse
7. Inchworm
  - Keep legs straight
  - Aim to keep back straight
  - Small steps
8. Pushup on Knees
  - Chest to ground
  - Elbows 45°
  - Trunk and hips straight
9. Split Squat
  - Back knee, hips and shoulders in line
  - No knee collapse
  - Move up and down
10. Band Pullapart
  - Don't shrug shoulders
  - Squeeze low on shoulder blades
  - Pull out, not back
11. Lateral Stationary Squat
  - Sit hips back
  - Leg stays straight
  - Chest up
12. Seated Broomstick Rotation
  - Lower body locked in
  - Head follows chest
  - Range, not speed
13. Prone Hold on Knees
  - Hands under shoulders
  - Trunk and hips straight
  - Squeeze stomach and glutes tight

Week 1 + 2	Week 3 + 4	Week 5 + 6
3x5 each side	3x5 each side	3x5 each side
3x45sec each leg	3x60sec each leg	3x90sec each leg
3x4 each leg	3x4 each leg	3x4 each leg
3x3	3x4	3x5
3x10	3x15	3x20
3x3	3x4	3x5
3x6	3x8	3x10
3x10	3x15	3x20
3x10 each leg	3x12 each leg	3x15 each leg
3x15	3x20	3x25
3x10 each leg	3x12 each leg	3x15 each leg
3x8 each side	3x10 each side	3x12 each side
3x30sec	3x60sec	3x90sec