

u14s Program

1. Knee to Wall
 - Keep front foot flat
 - Knee should only just touch wall
 - Keep hips/shoulders square
2. Single Leg Balance Skills
 - Soft knee, no lockout
 - Close eyes for more of a challenge
3. Wall 'A' Load + Drive
 - Push hip into armpit
 - Fully extend ground leg
 - Chest/head up
4. Drop to Base from Toes
 - Start tall as possible
 - Aggressive into 'base' position
 - Drive knees out
5. Overhead Squat
 - Drive knees out
 - Keep bar overhead/midline
 - Keep chest up
6. Forward Bound
 - Jump from hips
 - Absorb/control landing
 - No knee collapse
7. Broomstick RDL
 - STRAIGHT BACK!!!!
 - Knees soft
 - Keep bar close
8. Eccentric Pushup
 - Chest to ground
 - Elbows 45°
 - Trunk and hips straight
9. Forward Lunge
 - Back knee, hips and shoulders in line
 - No knee collapse
 - Drive up
10. Single Arm Band Row
 - Don't shrug shoulders
 - Squeeze low on shoulder blades
 - Control movement
11. Lateral Lunge
 - Sit hips back
 - Control into lunge
 - Chest up
12. Half Kneeling Broomstick Rotation
 - Knees and hips not to move
 - Head follows chest
13. Prone Hold on Toes
 - Hands under shoulders
 - Trunk and hips straight
 - Squeeze stomach and glutes tight

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