

# GCA 2021

GCA U14 \_\_\_\_\_

Name: \_\_\_\_\_



Warm Up :

FOAM ROLL X 5mins	Mini Band work: Squats & Lateral Step.
MOVEMENT PREP x6 reps	Bridge, Cat-Camel, Spider-man & Calf pumps, Stork Balance.

LANDING MECHANICS	N/A Phase 1
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A1

EXERCISE	Week 1	Week 2	Week 3	NOTES/ADAPTATIONS
PRISONER SQUAT	3x8	3x10	3x12	
INCLINE PRESS UP	3x8	3x10	3x12	

A2

B1

BRIDGE	3x8	3x10	3x12	
SEATED BAND ROW	3x8	3x10	3x12	

B2

C1

SPLIT SQUAT	3x8	3x10	3x12	
BAND PULL OVER	3x8	3x10	3x12	

C2

D1

COOK HIP LIFT	3x8	3x8e	3x8e	
1/2 KNEELING BAND SHOULDER PRESS	3x8e	3x8e	3x8e	

D2

E1

PLANK (FRONT & SIDE: LEFT/RIGHT)	20/15/15	20/15/15	25/15/15	
OBLIQUE CRUNCH	3x8e	3x8e	3x8e	

E2

CONDITIONING:	N/A Phase 1

Warm Down & Recovery : Stretch/Refuel/Rehydrate