

GCA 2021

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, T-PLANE Balance.

LANDING MECHANICS	POWER SQUAT DROPS X 6	CMJ with Stick x 6
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	EXERCISE	Week 4	Week 5	Week 6	NOTES
<u>A1</u>	PRISONER SQUAT	3x12	3x12	3x12	
<u>A2</u>	INCLINE PRESS UP	3x12	3x12	3x12	Try lower box height if capable.
<u>B1</u>	BRIDGE	3x10	3x12	3x12	
<u>B2</u>	SEATED BAND ROW	3x12	3x12	3x12	
<u>C1</u>	SPLIT SQUAT	3x12e	3x12e	3x12e	
<u>C2</u>	BAND PULL OVER	3x12	3x12	3x12	
<u>D1</u>	COOK HIP LIFT	3x8e	3x10e	3x10e	
<u>D2</u>	1/2 KNEELING BAND SHOULDER PRESS	3x10e	3x10e	3x10e	
<u>E1</u>	PLANK (FRONT & SIDE: LEFT/RIGHT)	25/15/15	30/15/15	30/20/20	
<u>E2</u>	OBLIQUE CRUNCH	3x10e	3x10e	3x10e	

CONDITIONING:	Mountain Climbers x10e side,	Star Jumps x 10	High Knees x 15 e side. x 2 rounds.
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Warm Down & Recovery : Stretch/Refuel/Rehydrate

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