

BLUES

Frankston Blues Junior Athlete Development Program

Under 12s & Under 14s

Key Competencies

* Safely jump and land

* bodyweight technique

* proficiency in bilateral exercises

Session A (Strength)		Week 1			Week 2			Week 3			Week 4			
Exercise		Sets x Reps	Load	Rest	Sets x Reps	Load	Rest	Sets x Reps	Load	Rest	Sets x Reps	Load	Rest	
Prep	Hip/Ankle Mobility/Stretching		as needed			as needed			as needed			as needed		n/a
	Crab Walks w Mini Band		2 x 10		60s	2 x 10		60s	2 x 10		60s	2 x 10		60s
Lifts	1A	Box/Bench Squat (w mini band)	3 x 5		45-60s	3 x 6		45-60s	3 x 8		45-60s	3 x 10		45-60s
	2A	Glute Bridges (w mini band)	3 x 6		30-45s	3 x 8		30-45s	3 x 10		30-45s	3 x 12		30-45s
	2B	Push Ups	3x AMAP		45-60s	3x AMAP		45-60s	4x AMAP		45-60s	4x AMAP		45-60s
	3A	Split Squat	3 x 6		45-60s	3 x 8		45-60s	3 x 8		45-60s	3 x 10		45-60s
	4A	Plank	3 x 60s		30-45s	3 x 60s		30-45s	3 x 90s		30-45s	4 x 90s		30-45s
	4B	Calf Raises	3 x 15		30-45s	3 x 20		30-45s	3 x 25		30-45s	3 x 25		30-45s
Session B (Speed/Power)		Week 1			Week 2			Week 3			Week 5			
Exercise		Sets x Reps	Load	Rest	Sets x Reps	Load	Rest	Sets x Reps	Load	Rest	Sets x Reps	Load	Rest	
Prep	Hip/Ankle Mobility/Stretching		as needed			as needed			as needed			as needed		n/a
	Crab Walks w Mini Band		2 x 10		60s	2 x 10		60s	2 x 10		60s	2 x 10		60s
Lifts	1A	Acceleration w deceleration	8-10 Reps		60-90s	10-12 Reps		60-90s	12-15 Reps		60s-90s	12-15 Reps		60-90s
	2A	Bench/Box Drop Landing	3 x 3		60-90s	3 x 4		60-90s	4 x 4		60s-90s	4 x 5		60-90s
	3A	Bench/Box Jump	3 x 3		60-90s	3 x 4		60-90s	4 x 4		60s-90s	4 x 5		60-90s
	3B	Broad Jump	3 x 3		60-90s	3 x 4		60-90s	4 x 4		60s-90s	4 x 5		60-90s
	4A	45* Skater Jump n Stick	3 x 6		45-60s	3 x 8		45-60s	3 x 10		45-60s	3 x 12		45-60s
	4B	Skipping	4 x 60s		30s	5 x 60s		30s	6 x 60s		20s	8 x 60s		20s