

BLUES

Frankston Blues Junior Athlete Development Program

Under 16s & Under 18s

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	DB or KB Box Squat	3 x 6		45-60s	3 x 8		45-60s	4 x 6		45-60s	4 x 8		45-60s
	2A	KB RDL	3 x 6		45-60s	3 x 8		45-60s	4 x 6		45-60s	4 x 8		45-60s
	2B	1/2 Kneeling DB Press	3 x 10		30-45s	3 x 10		30-45s	3 x 10		30-45s	3 x 10		30-45s
	3A	Chin Ups	3x AMAP		45-60s	3x AMAP		45-60s	4x AMAP		45-60s	4x AMAP		45-60s
	4A	Reverse Lunge	3 x 8		30-45s	3 x 8		30-45s	3 x 10		30-45s	3 x 10		30-45s
	4B	Single Arm DB Row	3 x 10		30-45s	3 x 10		30-45s	3 x 12		30-45s	3 x 12		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	Single Leg Skipping		3 x 20s		30s	3 x 20s		30s	3 x 20s		30s	3 x 20s		30s
	Crab Walks w Mini Band		2 x 10		60s	2 x 10		60s	2 x 10		60s	2 x 10		60s
Lifts	1A	Sprint w Reactive Cut	8-10 Reps		60-90s	10-12 Reps		60-90s	12-15 Reps		60s-90s	12-15 Reps		60-90s
	2A	Box/Bench Jumps	3 x 3		60-90s	3 x 4		60-90s	4 x 4		60s-90s	4 x 5		60-90s
	3A	Box/Bench Landing to Broad Jump	3 x 3		60-90s	3 x 4		60-90s	4 x 4		60s-90s	4 x 5		60-90s
	3B	MB Keg Toss	3 x 3		60-90s	4 x 4		60-90s	4 x 5		60s-90s	4 x 6		60-90s
	4A	Rotation MB Throw	3 x 4		60-90s	3 x 5		60-90s	4 x 4		60s-90s	4 x 5		60-90s
	4B	Clap Push Ups	3x AMAP		60-90s	3x AMAP		60-90s	4x AMAP		60s-90s	4x AMAP		60-90s