

U 14 Conditioning Programme
Development Session

Warm Up and Mobility

(3 sets of 30 seconds for each exercise)

Over Head Squat



Plank /Side Plank Right/ Side Plank Left



Lunge



Ball Pick Up



Side Lunge



Stretching Exercises

Hamstrings 3 X 20 seconds



Glutes 3 X 20 second



Glute/Lower Back 3 X 20 second



Quads/Hip Flexors 3 X 20 seconds



Groin 3 X 20 seconds



Straight Leg 3 X 20 seconds



CIRCUIT

Do each exercise for **30 seconds** and then move to next exercise
30 seconds Recovery between each exercise (when you have the 10 exercises completed that is 1 Circuit)

Perform Circuit 3 times

1. Press Ups



2. Bodyweight Squat



3. Squat Jumps



4. Lateral Raise



5. Superman Kneeling



6. Calf Raise



7. Triceps Dips



8. Ab cycling (Done slowly with core activated)



9. Renegade Row



10. Bridge (with loading)

