



COACH THE COACHES I

AVOID INJURY WITH PROPER CONDITIONING

- Most common injuries from last season: ankle sprain, hamstring strains, shin splints, anterior knee pain , traumatic joint injuries.
- We can prevent most and limit the degree of the traumatic injuries with the correct conditioning.
- Stronger and faster players >>>>> better results >>>>> increased confidence of players.
- Think long term- conditioning is an ongoing process.

BASIC RULES FOR CONDITIONING

- Start with CORE.
- Grade the activity to the child.
- Realize that kids are on different levels determined by: age, previous levels of activity, genetics
- Multifunctional exercises to include: core, upper limbs, lower limbs, balance
- Rotation- functional
- Control
- Flexibility

CORE

- Front core
- Back core
- Side core
- Rotational core
- Pelvic core





FRONT PLANK

PLANK PROGRESSION

- On knees
- Increase time and reps
- Full plank- add shoulder blades, leg lifts, arm lifts
- Add unstable surface- upper or lower body, or both- trx, ball, single leg or arm
- Add rotation with unstable surface
- Dynamic plank
- Use same progression for SIDE PLANK



ADVANCED PLANK-RUNNING PLANK WITH TRX



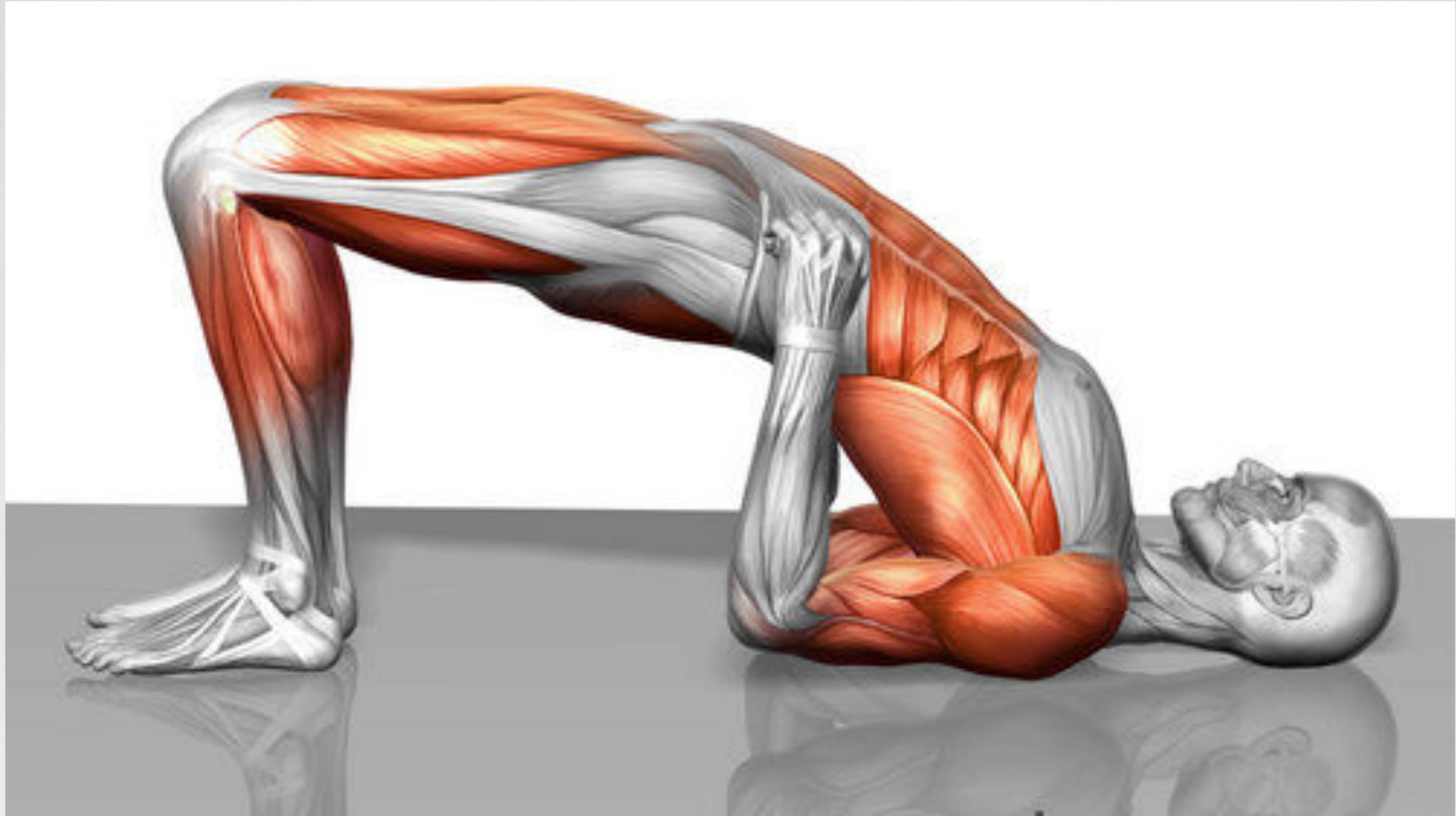
SIDE PLANK



BACK CORE - SUPERMAN

BACK CORE PROGRESSION

- Superman
- Unstable surface- lying over a ball
- Dynamic - add rotation or side to side movement
- Holding a ball with hands or feet



BRIDGE

BRIDGE PROGRESSION

- On stable surface with 2 feet can add upper body eg chest press
- Single leg
- Unstable surface- feet or one foot on a ball or TRX
- Dynamic ie moving



ADVANCED BRIDGE

ABDOMINALS

- Stomach crunches
- Add rotation
- Unstable surface -TRX
- Throwing a ball- explosive power

SQUATS

- Position and control of feet
- Knee over foot alignment and control
- Maintaining pelvic position
- Core
- Start with basic focus on form
- Add weights, unstable surface, upper body, rotation, plyometrics



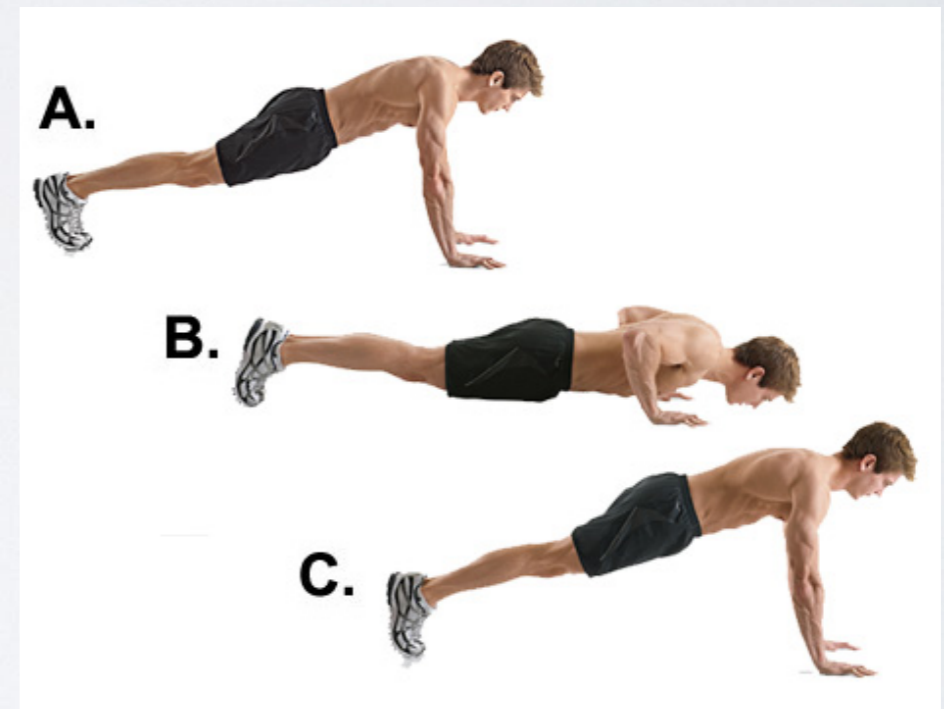
LUNGES

- Correct form
- Knee alignment over foot, weight through heels
- Foot control
- Core
- Backwards and forwards, side to side, diagonal
- Unstable surface
- Plyometrics- explosive power
- Walking lunges



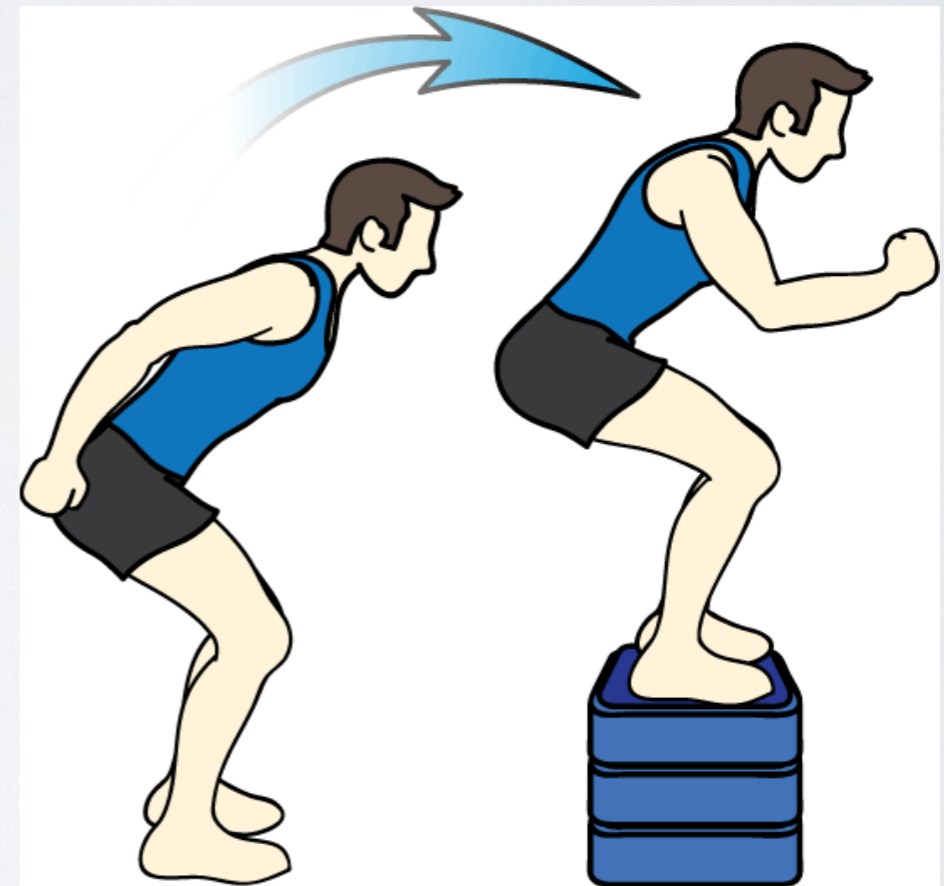
PUSH-UPS

- Upper limb control- throwing sports, tennis, squash, swimming
- Control of shoulder blade to have better control of shoulder
- PUSH-UP plus
- Add unstable surface like TRX only when there is control of shoulder blade



PLYOMETRICS

- Correct alignment with landing
- Soft landing
- Jump onto box and off
- Jump squats
- Explosive power



PROGRESSION CHECKLIST

- Stable surface with CORRECT FORM
- Add unstable surface or single leg / arm
- Add weight - age dependent
- Add rotation
- Dynamic
- Make exercises multifactorial (upper body + lower body + balance)