



## **Youth Strength & Conditioning Course (YSCC)**

### **Day 1: Fitness Testing & Fundamental Movement Skills (FMS)**

08:30-08:45	Registration
08:45-10:00	Lecture: EPI S&C Philosophy, Methodology & Training System
10:00-10:15	Break
10:15-11:30	Practical: Youth Fitness Testing & Profiling
11:30-12:30	Practical: Warm-up Games
12:30-13:30	Lunch
13:30-14:30	Practical: Fundamental Movement Skills (FMS)
14:30-15:30	Practical: Gymnastic Shapes & Positions
15:30-15:45	Break
15:45-17:00	Lecture: Growth, Maturation & LTAD

### **Day 2: Exercise Library & Program Design**

08:30-10:00	Lecture: Youth Athletic Development
10:00-10:15	Break
10:15-11:30	Practical: Power Exercise Library
11:30-12:30	Practical: Lower Body Exercise Library
12:30-13:30	Lunch
13:30-14:30	Practical: Lower Body Exercise Library
14:30-15:30	Practical: Upper Body Exercise Library
15:30-15:45	Break
15:45-17:00	Lecture: Program Design: Foundation Phase

### **Day 3: Speed, Agility, Conditioning & Periodization**

08:30-10:00	Lecture: Program Design: Development & Performance Phases
10:00-10:15	Break
10:15-12:00	Practical: Speed Games
12:00-13:00	Lunch
13:00-14:00	Practical: Agility Games
14:00-15:00	Practical: Conditioning Games
15:00-16:15	Lecture: Planning & Periodizing Youth Athletic Development
16:15-16:30	YSCC Group Photo