

Youth Strength & Conditioning Course (YSCC)

DAY 01 Fitness Testing & Fundamental Movement Skills

08:30-08:45		Registration
08:45-10:00	LECTURE	Youth Strength & Conditioning Course (YSCC)
10:00-10:15		BREAK
10:15-11:30	PRACTICAL	Youth Fitness Testing & Profiling
11:30-12:30	PRACTICAL	Warm-up Structure & 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 02 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 03 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 Training
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