

YSCC COURSE TIMETABLE

YSCC YOUTH STRENGTH & CONDITIONING COURSE

Fitness testing, fundamental movement skills, strength, power, speed, agility and conditioning, plus youth program design and periodization, over three hands-on days.

3 DAYS **08:30–16:30 DAILY** **LECTURES + PRACTICALS**

■ LECTURE ■ PRACTICAL ■ BREAK / LUNCH

Day 01

FITNESS TESTING & FUNDAMENTAL MOVEMENT SKILLS

■ 08:30 – 08:45	ARRIVAL	Registration
■ 08:45 – 10:00	LECTURE	Youth Strength & Conditioning Course (YSCC)
■ 10:00 – 10:15	BREAK	
■ 10:15 – 12:30	PRACTICAL	Youth Fitness Testing & Profiling
■ 12:30 – 13:30	LUNCH	
■ 13:30 – 14:15	PRACTICAL	FMS: Gymnastic Shapes & Positions
■ 14:15 – 15:00	PRACTICAL	FMS: Animal Movements
■ 15:00 – 15:15	BREAK	
■ 15:15 – 16:15	LECTURE	Growth, Maturation & LTAD

Day 02

STRENGTH, POWER & PROGRAM DESIGN

■ 08:30 – 10:00	LECTURE	Youth Athletic Development
■ 10:00 – 10:15	BREAK	
■ 10:15 – 11:30	PRACTICAL	AMSC: Power Exercises
■ 11:30 – 12:30	PRACTICAL	AMSC: Lower Body Strength
■ 12:30 – 13:30	LUNCH	
■ 13:30 – 14:15	PRACTICAL	AMSC: Lower Body Strength
■ 14:15 – 15:15	PRACTICAL	AMSC: Upper Body Strength
■ 15:15 – 15:30	BREAK	
■ 15:30 – 16:30	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 – 10:45	PRACTICAL	Warm-up Structure & Games
■ 10:45 – 12:00	PRACTICAL	Speed Training
■ 12:00 – 13:00	LUNCH	
■ 13:00 – 13:45	PRACTICAL	Agility Games
■ 13:45 – 14:30	PRACTICAL	Conditioning Games
■ 14:30 – 14:45	BREAK	
■ 14:45 – 15:45	LECTURE	Planning & Periodizing Youth Athletic Development
■ 15:45 – 16:00	CLOSING	YSCC Group Photo