



12 weeks Athletic Development

Exercises **MUST** be completed with an emphasis on the **TECHNICAL EXECUTION** of the exercise

Athletes should be able to complete 2 x 12 reps of an exercise to begin with.

When the athlete can complete 3 x 12 reps with good technique, they can progress to the next level of the exercise The coach should individually progress/regress each athlete according to their ability

The programme can be progressed in terms of time or repetitions. If using time, begin by completing 2 x 30 sec of each exercise, and adding 5 seconds each week up to 45 secs. If using repetitions, progress from 2 x 12 to 3 x 10 to 3 x 12

Examples of upper body progressions.

Level 1 – Elevated Press Ups

Level 1 – Ball Grapple

Level 2 – Press Ups (eccentric lowering)

Level 2 – Seated Back to Back Wrestling

Level 3 – Press Ups

Level 3 – Single Leg Tug of War

Examples of Lower Body progressions.

Level 1 – Partner Squats

Level 1 – Glute Bridge

Level 2 – Duck Fighting

Level 2 – Single Leg Glute Bridge

Level 3 – Goblet Squat with Med Ball

Level 3 – Marching Glute Bridge

Examples of Core progressions.

Level 1 – Russian Twist

Level 1 – Plank on Elbows

Level 2 – Russian Twist with ball

Level 2 – Plank Elbow Tag

Level 3 – Russian Twist with Med Ball

Level 3 – Straight Arm Plank

Examples of Landing/Crawling progressions.

Level 1 – Bunny Hop over cones

Level 1 – Bear Crawl

Level 2 – Bunny Hop over hurdles

Level 2 – Bear Crawl (side to side)

Level 3 – DL jump to SL landing

Level 3 – Bear Crawl (forwards, backwards, s to s)



Week 1

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Elevated Press Ups	Partner Squats	Stubborn Donkey	Bunny Hops (cones)
	I,Y,T,W,L's (standing)	Stationary Lunge with Handpass	Back-to-Back Ball Transfer	Lateral Run through Cones
	Ball Grapple	Glute Bridge	Plank on elbows	Bear Crawl (Forwards/Backwards)

Week 2

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Elevated Press Ups	Partner Squats	Stubborn Donkey	Bunny Hops (cones)
	I,Y,T,W,L's (standing)	Stationary Lunge with Handpass	Back-to-Back Ball Transfer	Lateral Run through Cones
	Ball Grapple	Glute Bridge	Plank on elbows	Bear Crawl (Forwards/Backwards)

Week 3

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Elevated Press Ups	Duck Fighting	Plank on elbows	Bunny Hops (hurdles)
	I,Y,T,W,L's (Prone)	Walking Lunge with Ball Overhead	Back-to-Back Ball Transfer Chop & Lift	Lateral Run through Hurdles
	Ball Grapple	SL Glute Bridge	Get Up & High 5	Bear Crawl (Side-to-Side)

Week 4

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Elevated Press Ups	Duck Fighting	Plank on elbows	Bunny Hops (hurdles)
	I,Y,T,W,L's (Prone)	Walking Lunge with Ball Overhead	Back-to-Back Ball Transfer Chop & Lift	Lateral Run through Hurdles
	Ball Grapple	SL Glute Bridge	Get Up & High 5	Bear Crawl (Side-to-Side)



Week 5

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups (Eccentric lowering)	Knee Tag	Plank Elbow Tag	SL Jump to DL Landing
	Superman	Reverse Lunge with Rotation	Partner ½ Kneeling Chop & Lift	Lateral Run Stick & Hold
	Seated Back to Back Wrestling	Marching Glute Bridge	V-Sit & Pass	Bear Crawl (Forwards, Side-to-Side, Backwards, Side-to-side)

Week 6

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups (Eccentric lowering)	Knee Tag	Plank Elbow Tag	SL Jump to DL Landing
	Superman	Reverse Lunge with Rotation	Partner ½ Kneeling Chop & Lift	Lateral Run Stick & Hold
	Seated Back to Back Wrestling	Marching Glute Bridge	V-Sit & Pass	Bear Crawl (Forwards, Side-to-Side, Backwards, Side-to-side)

Week 7

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups (Eccentric lowering)	Goblet Squat (Med Ball or KB)	Straight Arm Plank	DL Jump to SL landing
	Banded Row (Seated)	Goblet Reverse Lunge	Partner Kneeling Chop & Lift	Forward/Lateral Hurdle Jumps
	Seated Back to Back Wrestling	Good Mornings	Partner Ab crunches with Ball	Same-Sided Bear Crawl (Forwards/Backwards)



Week 8

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups (Eccentric lowering)	Goblet Squat (Med Ball or KB)	Straight Arm Plank	DL Jump to SL landing
	Banded Row (Seated)	Goblet Reverse Lunge	Partner Kneeling Chop & Lift	Forward/Lateral Hurdle Jumps
	Seated Back to Back Wrestling	Good Mornings	Partner Ab crunches with Ball	Same-Sided Bear Crawl (Forwards/Backwards)

Week 9

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups	Partner SL Squat	Bridges & Rivers	SL Jump to SL leg landing
	Wall/Floor Slides	Lateral Lunge	Side Plank	Forward/Medial Hurdle Jumps
	SL Tug of War	SL RDL	Plank Walk (ladder)	Same-Sided Bear Crawl (Side-to-Side)

Week 10

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups	Partner SL Squat	Bridges & Rivers	SL Jump to SL leg landing
	Wall/Floor Slides	Lateral Lunge	Side Plank	Forward/Medial Hurdle Jumps
	SL Tug of War	SL RDL	Plank Walk (ladder)	Same-Sided Bear Crawl (Side-to-Side)

Week 11

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups	SL Squat & Reach	Plank with hand shake	Zig Zag Stick & Hold
	Reverse Flies (Resistance band)	Clock Lunge	Side Plank with Rotation	Forward/Lateral/Forward/Medial Hurdle Jumps
	SL Tug of War	SL RDL with Knee Raise	Boat Hold and Pass	Same-Sided Bear Crawl (Forwards, Side-to-Side, Backwards, Side-to-side)



Week 12

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups	SL Squat & Reach	Plank with hand shake	Zig Zag Stick & Hold
	Reverse Flyes (Resistance band)	Clock Lunge	Side Plank with Rotation	Forward/Lateral/Forward/Medial Hurdle Jumps
	SL Tug of War	SL RDL with Knee Raise	Boat Hold and Pass	Same-Sided Bear Crawl (Forwards, Side-to-Side, Backwards, Side-to-side)