



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 – high box	Partner Squats	Russian Twist	Bunny Hops (cones)
	I,Y,T,W,L's (standing)	Stationary Lunge	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 – high box	Partner Squats	Russian Twist	Bunny Hops (cones)
	I,Y,T,W,L's (standing)	Stationary Lunge	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 – low box	Duck Fighting	Plank Elbow Tag	Bunny Hops (hurdles)
	I,Y,T,W,L's (Prone)	Walking Lunge with Ball Overhead	Back-to-Back Ball Transfer – over and under	Lateral Run through Hurdles
	Ball Grapple	SL Glute Bridge	Russian Twist with ball	Bear Crawl (Side-to-Side)

Week 4

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Elevated Press Ups – low box	Duck Fighting	Plank Elbow Tag	Bunny Hops (hurdles)
	I,Y,T,W,L's (Prone)	Walking Lunge with Ball Overhead	Back-to-Back Ball Transfer – over and under	Lateral Run through Hurdles
	Ball Grapple	SL Glute Bridge	Russian Twist with ball	Bear Crawl (Side-to-Side)



Week 5

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups (Eccentric lowering)	Resistance band march (band over knees)	Straight Arm Plank	SL Jump to DL Landing
	Superman	Reverse Lunge with Rotation	Russian Twist with med ball	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)	Resistance band march (band over knees)	Straight Arm Plank	SL Jump to DL Landing
	Superman	Reverse Lunge with Rotation	Russian Twist with med ball	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	Russian Twist - Cycling	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	Russian Twist - Cycling	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	Russian Twist – Cycling with ball	SL Jump to SL leg landing
	Wall/Floor Slides	Lateral Lunge	Side Plank	Forward/Medial Hurdle Jumps
	SL Tug of War	SL RDL	Boat hold and pass	Same-Sided Bear Crawl (Side-to-Side)

Week 10

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups	Partner SL Squat	Russian Twist – Cycling with ball	SL Jump to SL leg landing
	Wall/Floor Slides	Lateral Lunge	Side Plank	Forward/Medial Hurdle Jumps
	SL Tug of War	SL RDL	Boat hold and pass	Same-Sided Bear Crawl (Side-to-Side)

Week 11

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups – Elevated Feet	SL Squat & Reach	Russian Twist – Cycling with med ball	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	Pallof Press standing side by side	Same-Sided Bear Crawl (Forwards, Side-to-Side, Backwards, Side-to-side)

Week 12

Exercise	Upper Body	Lower Body	Core	Landing/Crawling
	Press Ups – Elevated Feet	SL Squat & Reach	Russian Twist – Cycling with med ball	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	Pallof Press standing side by side	Same-Sided Bear Crawl (Forwards, Side-to-Side, Backwards, Side-to-side)