

Child To Champion USA

Weekend Schedule Day One

Saturday 14th March 2020
Session 1: Intro to the Strength & Conditioning Pathway
<p>This session will provide a detailed insight to the Proformance Strength & Conditioning Pathway that incorporates a progressive 3-phase curriculum: Foundation (11-13 years), Development (14-16 years) and Performance (17 and beyond).</p> <p>Including:</p> <ul style="list-style-type: none">● Overall Athletic Development Pathway Aims● Clear objectives and outcomes for each phase● Key considerations at each stage of development (e.g. Growth & Maturation)● Assessment and monitoring through the pathway
Session 2: Foundation Strength & Power
<p>In this practical session we will cover key movement patterns for developing strength will be covered along with appropriate progressions to help transport the athlete from “bodyweight to barbell” as they commence training.</p> <p>Including:</p> <ul style="list-style-type: none">● Our 7-stage bodyweight strength progression continuum for: Squat, Lunge, Push, Pull, Hinge, Brace, Rotation movements● Foundation level Power exercises in the form of jumping, landing, rebound and medicine ball throws.● How to establish if an athlete is ready to progress to barbell training using a simple bodyweight assessment tool.● Set & rep schemes
Session 3: Foundation Speed & Agility
<p>In this practical session we will explore different methods to develop linear speed and agility with younger athletes. Our aim through the pathway is to develop strong and powerful athletes that are fast and efficient movers.</p> <p>Including:</p> <ul style="list-style-type: none">● Simple technical drills and constraints to teach the correct technique for linear sprinting.● Creating intent with younger athletes through competitive challenges.● Engaging games that expose the athlete to a broad change of direction/agility movement syllabus.

Session 4: Assessment & Monitoring

Learn how to measure, monitor and utilize data on critical metrics related to Growth and Maturation, Strength, Power, Speed and Agility.

We lay out a framework for assessment to monitor the athletic development process and discuss solutions to optimize the pathway for each athlete:

Includes:

- How to measure height, weight, sitting height
- Valid and reliable tests for monitoring key metrics
- Identifying maturation status
- Interpreting test data based on maturation
- Benchmarks and standards for strength, power and speed in developing athletes
- Reporting and communicating data to coaches and athletes.

Session 5: Planning & Programming Workshop

In this session the speakers will be discuss how to construct session plans and designing learning environments to engage your athletes. This will include:

- Overcoming barriers to delivery
- Designing sessions for different environments
- Engaging younger athletes
- Teaching Games for Understanding (TGfU) Approach
- Planning with limited space and facilities
- Planning with large groups of athletes
- Programming for Middle, High and Collegiate/Pro levels

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Weekend Schedule Day Two

Sunday 15th March 2020
Session 1: Developing Relative Strength & Power
<p>Relative Strength & Power development are key pillars of the athletic development process as they drive many other bio-motor qualities. This session will be dedicated to discussing programme design and exercise selection to achieve these critical aims.</p> <p>Including:</p> <ul style="list-style-type: none">● Key exercises for Relative Strength and Power development● Strength and power programme design for High School Level athletes● Safe and effective sets and rep progressions● Relative strength benchmarks by phase
Session 2: Developing Game Speed
<p>As with strength and power, as the athlete progresses through the pathway, we must begin to challenge the basic multi-directional movement skills they learnt at the foundation phase in new ways. We can do this in many ways, but we will be focusing on:</p> <ul style="list-style-type: none">● Developing typical combinations of movements that occur in a range of sports, preparing the multi-sport athlete and creating a broad foundation.● Challenging the basic movements and patterns in increasingly game-specific scenarios.
Session 3: Linear Speed Development
<p>In this practical session we will explore different methods and programming to develop linear speed for athletes at high school level and beyond.</p> <p>Including:</p> <ul style="list-style-type: none">● Technical running drills● Training programmes for acceleration● Training programmes for maximal velocity

Session 4: RAMP Warm Ups

When working with athletes at any level, time can be very limited. Utilizing the RAMP warm up system (Raise, Activate, Mobilise and Potentiate) is an effective way to micro-dose physical development components into other sessions in the athlete's training week.

Key components:

- Designing effective RAMP warm-ups
- Integrating with technical sessions

Session 5: Advanced Methods of Strength & Power Development

Developing maximal strength and power at the Performance end of the continuum for athletes with a high training age only.

Key aspects of the session:

- Olympic Lifting progressions
- Isometric Training
- Eccentric Training
- Advanced Plyometrics