



Athlete Coach Experience Session  
EA YTP events S&C program

# Warm up



Focus aspect	Exercise	Sets	Reps	Notes
Raise				Action as appropriate based on the environment
Activate (as a circuit)	Glute bridge	2	6	Hold for 3 seconds
	Long lever iso glute bridge	2		20 second hold 20 rest*3
	Lateral plank leg raise	2	6	
Mobilise	90/90 Thoracic rotation	1	6	
	Worlds greatest stretch	1	6	
	Down ward dogs	1	6	
	Lunge and rotate	1	6	
	Single leg squat knee hug	1	6	
	Single leg RDL	1	6	
	Acceleration position (back leg calf raise) or figure of 4 (stance leg calf raise)	1	6	
Potentiate	Snap down	2	5	Emphasis on the stick and hold progress over time to 2 to 1 then 1 to 1
	CMJ	2	5	
	Stiff leg pogos	2	10	

# Session Plan



Movement Classification	Exercise	Sets	Reps	Notes/Progression	Notes/Regression
Total Body	KB or DB swing	2	5		
Lower body push (Squat)	Goblet Squats	3	5	Front squat	
Lower body pull	Glute bridge on box	3	5	SL glute bridge on box	Glute bridge walk out
Horizontal upper body pull	BB pull ups	3	5	Weighted	Short lever
Horizontal upper body push	1 arm DB press off bench	3	5	Shoulders on bench, maintain glute bridge position keeping hips up. The none lifting arm is used as a driver to guide the lifting arm	1 arm DB press on bench
Rotary Stability	Prone plank	3	20s with 30s rest		Prone plank holds for 15 seconds