

**IYCA Continuing Education Program
Youth Fitness Specialist
All Levels**

IYCA Program Design: 10-13 Year Olds

Dr. Kwame M. Brown and Brian J. Grasso

Program Outline Document

This document will be useful in organizing your thoughts as you listen to the conversation between Dr. Kwame M. Brown and Brian J. Grasso. This document is designed to accompany the “Program Design 10-13 Year Olds” audio. You should go through the audio and the Program Outline document several times to prepare yourself for the quiz at the end.



Building Blocks – The “DNA” of Our Program

§ **Who Are We Programming For?**

- ✓ 10 – 12 kids at 10-13 years old
- ✓ Involved in sports, relatively skilled

§ **What are the major factors / issues here?**

- ✓ Keep the game play but...
- ✓ Include a little bit more “technical” instruction
- ✓ Still developing coordination and motor skill
- ✓ Prime time to TEACH force production
- ✓ Around peak growth spurt: ROM, “de-loading” is premium here
- ✓ Re-acclimate to basic “macro” movements (gross motor skills) during growth spurt
- ✓ Remember to take physical development stage into account
- ✓ Even though they may begin to look like adults toward 13, they aren’t!
- ✓ Continue to build good “workout” habits
- ✓ With obsessive hyper-competitive nature of youth sports + sedentary society: we may already have “tissue issues”

- ✓ “Gluteal amnesia” + Thoracic immobility

Preliminary Program Checklist

- ✓ Mobility / Tissue Quality
 - Hip Circles / Diagonal Shoulder
 - Intro to foam rolling
- ✓ Activation
 - Squat game
 - Backwards training
 - Hand overhead (overhead squat prep)
- ✓ Free movement
 - Multidirectional, low-grade skipping
 - essence of free play retained

More Building Blocks

Meeting frequency and Length?

- ✓ 3 times per week, 6 weeks, 1 hour each session

Preliminary Program Checklist cont'd

- ✓ For later: Game play
 - Eventually progress to “skip tag”
- ✓ After free movement: Systemic strength
 - Plank walk (push – pull)
 - “Soft landings”
- ✓ Strength Skill
 - Overhead squat patterns

More Building Blocks

§ Facility Use, Equipment Access?

- ✓ Access to small weight room
- ✓ Body bars
- ✓ Smith Machine

Preliminary Program Checklist cont'd

- ✓ Strength Skill continued
 - Use Smith for horizontal pulls
 - Partner pulls

More Building Blocks

§ Parental Support?

- ✓ Extensive
- ✓ Booster Club: *Both the good and the bad*
- ✓ Parents will accompany kids to training sessions

Preliminary Program Checklist cont'd

- ✓ One explains to parents while one trains



From the Clipboard: *Writing the Program*

1. Mobility / Tissue Quality (refer to IYCA Level I manual for pictures)

- Hip Circles



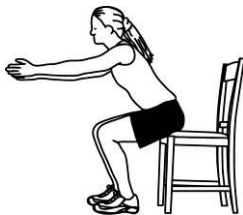
- Diagonal Shoulder movements



- Foam rolling (especially hamstrings/gluteus and lateral thigh)

2. Activation

- Squat Game
 - 3 depths (quarter, half, full)
- “Reverse” squats



Can also
“squat to
target” as
shown here

3. Gross Motor Skill: *Free Movement*

- Multidirectional Skipping (Exploratory)

- **Week 2 Game:** Introduce “skip tag” as a game to use the skill
- Week 3: Begin infusing more and more technical instruction
 - Acceleration / Deceleration
 - Introduce circuit to increase metabolic cost a *little*

4. Systemic Strength

- Plank Walk
 - FW, BW, left and right
- Emphasize “soft landings” with hands



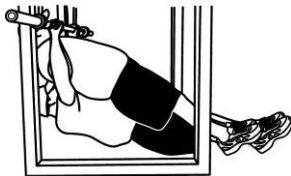
Stick a Game in Here. Your Choice. It doesn't have to teach a skill. Just make it fun.

5. Strength Skill

- Overhead squat patterns
 - Begin to load *very lightly* in week 3 (depending on what you see!)



- Smith Machine or partner horizontal pull-ups
 - Tip: For those who struggle, have them bend the knees to decrease the lever arm



6. Regain ROM

- Squat activation
- Static Active stretching

- Static passive stretching

7. **Coach vs. Kids**

- Hand Slaps

