

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

IYCA Program Design: 14-17 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 14-17 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?**

- HS football program (FR – SR)
- ✓ 50 kids per group (200 over all)

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

- ✓ Need to create a full developmental “periodized” program
- ✓ Factors involved with JV stage:
 - Need Instructional base
- ✓ Factors in Varsity stage:
 - Need to increase usable strength, ability to compensate for external loads
- ✓ Address importance of ROM and super-compensation in lifting
- ✓ Must drive home the importance of skill
- ✓ Coaches must be educated

Preliminary Program Checklist

- ✓ JV: Mobility / Lifting Technique
 - Priority: Torso / Gluteal Activation
- ✓ Educating Coaches
 - What to look for
 - Divorce symptoms from performance
 - Create RTA scale
- ✓ Varsity
 - More of an emphasis on “loading”
 - Continue to require good technique

More Building Blocks

§ Meeting frequency and Length?

- ✓ entire summer break, 3 times per week, 1 hour each session
- ✓ Work time: 12 hours per week (4 hours each working day)

More Building Blocks

§ Facility Use, Equipment Access?

- ✓ Access to weight room (1200 Square Feet)
 - Body bars
 - 4 platforms, 4 racks, 5-6 benches
 - Steps
- ✓ Use stations
 - For all levels once teaching phase is done
 - Not done with the intention of creating fatigue
 - Instructors will move around the room

§ Parental Support?

- ✓ Extensive
- ✓ Booster Club: *Both the good and the bad*
- ✓ Educational support for boosters and parents



From the Clipboard: *Writing the Program*

*Players that are older on the JV squad that have requisite movement skill can move up to the upper level program. Sophomores on the JV squad *may* be given that opportunity, but tread lightly. Older players needing to work on movement skill may want to move down at first.

This program should be based on movement foundation first. Without that, nothing is important.

During the first year, the varsity program will look a lot like the JV program. During subsequent years

JV Freshmen (first hour) and JV sophomores (second hour)*

Program will not look much different than 10-13 year old group

1. Mobility / Tissue Quality
 - ✓ Hip circuits, shoulder PNF, scapular work (protractions / retractions)
 - Raise arms while reaching
 - work on grip: light dumbbells, solid hand grip, raising arms overhead
2. Activation
 - ✓ Supine / prone gluteal squeeze
 - progress to bridges (play it by ear)



- ✓ relate all this verbally back to squat
 - relate through practice back to athletic ready position
 - discuss feet (**feet** are to **core** activation as **grip** is to **shoulder stability**)
- ✓ Work on pushup technique

3. Movement Instruction / Prep

- ✓ Multidirectional acceleration / deceleration *teaching*
 - Athletic ready position, step to side, back (feel the cut)

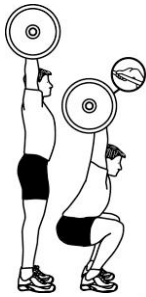


- Deceleration first
- Concentrate on driving the legs and arms in skipping drills

- “Let your hands go”

4. Strength Skill

- ✓ Use broomsticks to start teaching Olympic lift technique
 - Overhead squats



- Don't need to load yet

5. ROM cool-down

- ✓ Go back to hip circles, shoulder PNF, etc.

Varsity Juniors (third hour) and Varsity Seniors (fourth hour)*

This will look a lot like the JV program, but intuitively we will begin to increase load, and move from technique to drills.

1. Mobility / Tissue Quality

- ✓ Hip circuits, shoulder PNF, scapular work (protractions / retractions)
 - Raise arms while reaching
 - work on grip: light dumbbells, solid hand grip, raising arms overhead

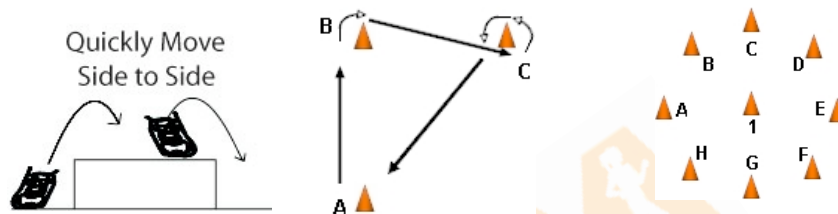
2. Activation

- ✓ Supine / prone gluteal squeeze
 - progress to bridges (play it by ear)
- ✓ relate all this verbally back to squat

- relate through practice back to athletic ready position
- discuss feet (**feet** are to **core** activation as **grip** is to **shoulder stability**)
- ✓ Work on pushup technique

3. Movement Instruction / Prep

- ✓ Multidirectional acceleration / deceleration *drills*
 - Athletic ready position, step to side, back (feel the cut)
 - Deceleration / acceleration drills



- Concentrate on driving the legs and arms in sprinting from different positions



- “Let your hands go”

4. Strength Skill

- ✓ Use broomsticks to start teaching Olympic lift technique
 - Overhead squats



- begin to load if appropriate

5. ROM cool-down

- ✓ Go back to hip circles, shoulder PNF, etc.

