


# St Johnstone F.C. Youth Academy

## U17 Session Example



Name: Jack		Date: 12/12/2014		Intensity: M		 St. Johnstone F.C. Strength and Conditioning					
Exercise	Sets	Reps	Rep Max	Intensity (%)	Load					Tempo	Rest
					Set 1	Set 2	Set 3	Set 4	Set 5		
<b>Warm Up/ Mobility</b>											
Agility Ladder (6 exercises)	1	2 each									
Bear Crawl	1	8 ES									
Groins	1	8 EL									
Hip Roations	1	20EW									
Arabesce	1	8EL									
Split Squats	1	8EL									
Scap Rotations	1	10									
<b>Main body</b>											
Front Squat (+ box jumps)	3	5	70	87	60.9	60.9	60.9			2\1\1	3-5min
Hip Hinges (+SL hurdle jumps)	3	5	80	87	69.6	69.6	69.6			1\1\1	3-5min
Hang Clean Pulls	3	5	50	87	43.5	43.5	43.5			1\1\1	3-5min
					0	0	0			2\1\1	3-5min
					0	0	0	0	0		
<b>Assistance</b>											
Chins	3	8			0	0	0	0	0	2\1\1	1-2min
Military Press	3	5	40	87	34.8	34.8	34.8	34.8	34.8	2\1\1	1-2min
					0	0	0			2\1\1	1-2min
<b>Corrective/ Injury Prevention</b>											
SL kick backs	2	30sec EL								<b>Coaching Points:</b> Session is about technique development with an emphasis of max strength. The athlete should focus on correct execution of technique. The concentric movements should be as explosive as possible	
SL Trampet Bounces	2	30sec EL									
Nordic Curls	2	5									
Overhead Squats	2	10			20	20					

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