

13u-14u Off-Season



Each lifting session has a game that is played first as a warmup. The goal of this program is to begin teaching the athlete the movement patterns that will be used as they get older in the weight room and prepare them for that. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

Day 1

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Run Around MB Attack and Defend</u>	5 min	30 sec			
A1	<u>DB Goblet Front Squat</u>	2-3RIR	2 min	3x6	3x6	3x6
A2	<u>Half Kneeling Cable Press</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
B1	<u>Cable Pull Throughs</u>	2-3RIR	1 min	3x5	3x5	3x5
B2	<u>Half Kneeling Cable Row</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
C1	<u>Farmers Carry</u>	Moderate-Heavy	1 min	3x20 yds	3x20 yds	3x20 yds
C2	<u>Dead Bugs</u>	Bodyweight	1 min	3x8	3x8	3x8

13u-14u Off-Season



Day 2

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Bottle Spin and Run</u>	5 min	30 sec			
A1	<u>DB Alternating Bench Press</u>	2RIR	2 min	3x6/side	3x6/side	3x6/side
A2	<u>Split Stance DB Goblet Squat</u>	2RIR	1.5 min	3x5/side	3x5/side	3x5/side
B1	<u>Band Assisted Pull Ups</u>	Bodyweight	1 min	3x8	3x8	3x8
B2	<u>Glute Bridge Iso Holds</u>	Bodyweight	1 min	3x20seconds	3x20seconds	3x20seconds
C1	<u>Zottman Curl</u>	2RIR	1.5 min	3x6	3x6	3x6
C2	<u>High Plank Shoulder Taps</u>	Bodyweight	1 min	3x8/side	3x8/side	3x8/side

Day 3

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Dunk Contest</u>	5 min	30 sec			
A1	<u>Wall Touch DB RDL</u>	2RIR	2 min	3x8	3x8	3x8
A2	<u>Push Ups</u>	Bodyweight	2 min	3x10	3x10	3x10
B1	<u>DB Goblet Step Up</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
B2	<u>Inverted Row</u>	Bodyweight	1 min	3x6	3x6	3x6
C1	Sled Push	Moderate-Heavy	2 min	3x30yds	3x30yds	3x30yds
C2	<u>Stability Ball Rollouts</u>	Bodyweight	1 min	3x8	3x8	3x8

13u-14u In-Season



Each lifting session has a game that is played first as a warmup. The goal of this program is to begin teaching the athlete the movement patterns that will be used as they get older in the weight room and prepare them for that. RIR means Reps In Reserve, so a set of 5 with a 2RIR load would mean to use a weight that you could complete 7 reps with before failing.

Day 1

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Run Around MB Attack and Defend</u>	5 min	30 sec			
A1	<u>DB Goblet Front Squat</u>	2-3RIR	2 min	3x6	3x6	3x6
A2	<u>Half Kneeling Cable Press</u>	2RIR	1 min	3x6/side	3x6/side	3x6/side
B1	<u>Cable Pull Throughs</u>	2-3RIR	1 min	3x5	3x5	3x5
B2	<u>Half Kneeling Cable Row</u>	2RIR	1 min	3x6/side	3x6/side	3x6/side
C1	<u>Farmers Carry</u>	Moderate-Heavy	1 min	3x20 yds	3x20 yds	3x20 yds
C2	<u>Dead Bugs</u>	Bodyweight	1 min	3x8	3x8	3x8

13u-14u In-Season



Day 2

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Bottle Spin and Run</u>	5 min	30 sec			
A1	<u>DB Alternating Bench Press</u>	2RIR	2 min	3x6/side	3x6/side	3x6/side
A2	<u>Split Stance DB Goblet Squat</u>	2RIR	1.5 min	3x5/side	3x5/side	3x5/side
B1	<u>Band Assisted Pull Ups</u>	Bodyweight	1 min	3x8	3x8	3x8
B2	<u>Glute Bridge Iso Holds</u>	Bodyweight	1 min	3x20seconds	3x20seconds	3x20seconds
C1	<u>Zottman Curl</u>	2RIR	1.5 min	3x5	3x5	3x5
C2	<u>High Plank Shoulder Taps</u>	Bodyweight	1 min	3x8/side	3x8/side	3x8/side

Day 3

Series	Exercise	Intensity/Load	Rest (after set)	Weeks 1-3 (Sets x Reps)	Weeks 4-5	Week 6
Game	<u>Dunk Contest</u>	5 min	30 sec			
A1	<u>Wall Touch DB RDL</u>	2RIR	2 min	3x8	3x8	3x8
A2	<u>Push Ups</u>	Bodyweight	2 min	3x8	3x8	3x8
B1	<u>DB Goblet Step Up</u>	2RIR	1 min	3x8/side	3x8/side	3x8/side
B2	<u>Inverted Row</u>	Bodyweight	1 min	3x6	3x6	3x6
C1	Sled Push	Moderate-Heavy	2 min	3x30yds	3x30yds	3x30yds
C2	<u>Stability Ball Rollouts</u>	Bodyweight	1 min	3x8	3x8	3x8