



BANTAM JR 67'S

WEEK 1 NO TRAINING

WEEK 2

- Preliminary Testing to evaluate baselines of players.

PHASE 1- WEEKS 3-5

OVERVIEW:

- Functional movement preparation phase. This phase is essential for young inexperienced athletes. Proper functional body movement before strength work. Introduction to fundamental training principles (Intensity, Recovery, Consistency etc)
- Sessions will vary in intensity and volumes based on playing schedule. High to moderate intensity and volume training sessions.
- Corrective exercise movements added to individual programs to address imbalances and / or deficiencies. Prehab exercises introduced.
- Establish aerobic energy system base for all players.
- 1 x 90min training session at OSPC and 1x 45 min individual off-site training session.
- (Subject to change based on Team/Individual testing and monitoring)

PHASE 2 WEEKS 6-10

OVERVIEW:

- Functional movement to strength phase. Advanced movements.
- Sessions will vary in intensity and volume based on team playing schedule. High to Low volume and intensity training sessions to optimize training effect and game performance.
- Establish Functional strength and stabilization movements. Intro to fundamental lifting.
- Weeks (6-7) continue to establish aerobic energy system base.
- Weeks (8-10) aerobic energy system maintenance.
- 1 x 90min training session at OSPC and 1x 45 min individual off-site training session.
- (Subject to change based on Team/Individual monitoring and performance feedback.

PHASE 3 WEEKS 11-15

OVERVIEW:

- Strength to Power phase. Incorporation of faster tempo/power movements while maintaining previous phase strength based movements.
- 1 x 90min training session at OSPC and 1x 45 min individual off-site training session.
- Week 13 light intensity. Phase 1 program functional movement preparation revisited from phase 1.
- Sessions will vary in intensity based on team playing schedule.
- Aerobic Energy system work maintenance week 9-12. Increase week 14-15.
- (Subject to change based on Team/Individual monitoring and performance feedback)

WEEK 16 - MIDSEASON TESTING TO BE PERFORMED
WEEK 17 MAJOR BANTAM

- Light intensity week after competition in Toronto.
- Allow mental and physical break with Moderate to low intensity and volume training.

PHASE 4 WEEKS 17-20

- TBD based on monitoring, testing and coaches feedback

PHASE 5 WEEKS 21-24.

- Maintenance and fine tuning training sessions. TBD based on monitoring, testing and coaches feedback

FINAL END OF SEASON TESTING TBD