



# U13-U14 ATHLETIC PERFORMANCE SUMMER 2026



CYCLE:	6.15-7.26	Primary:	Aerobic Capacity	Weekly Physical Targets	#	GROUP:	F, M, D, GK
BLOCK:	Re-Accumulation	Secondary:	General Strength	Total Distance Yds	2,740-4,550	PAGE	1
COACH:	Teel	Tertiary:	Abiotic Abilities	Hi-Spd Distance Yds	1,120-1,880		
				Accels/Decels	64-102		

## Training Week Layout:

PLEASE READ THROUGH THE TRAINING WEEK LAYOUT BELOW. IT IS IMPORTANT TO PLAN AT LEAST 24 HOURS BETWEEN SESSIONS. For example, if you perform Lift A on Monday at 2 PM, you should perform the Extensive Fitness Session around 2 PM on Tuesday. This is best case scenario. I understand that work schedules and access to facilities may not make this possible. Just avoid doing 2 training sessions in the same day. If you cannot train 5 days over the course of the week, please see 4, and 3 day options. Please reach out for an amended training week if you have any questions trying to figure out your schedule. Additionally, it may be best to perform any technical work prior to Lift A OR Lift B. For example, if you want to work on dribbling, moves, and passing on Day 1 - you could go to the field and then go to the gym for Lift A afterwards. The same format should be followed for Extensive and Intensive Fitness days- it may be best to do your work on the ball first, and then perform the extensive or intensive fitness session afterwards. DO NOT SKIP THE PRE-LIFT OR ACTIVATION ACTIVITIES. Even if you just did a bunch of work on the ball, be sure to perform the PRE-LIFT or ACTIVATION activities prior to starting the lift or fitness session. The PRE-LIFT and ACTIVATION activities are one of the most important parts of the training content in this program. ON DAY 3: COD/Speed Session, it may be best to perform the Speed/COD session prior to any technical work on the ball. AIM TO INCLUDE 1 EXTENSIVE (Ext) AND 1 INTENSIVE (Int) FITNESS SESSION EACH WEEK.

## 5 Day Layout

### Day 1: Lift A

*\*Recommend completing any skills work before starting this session.*

### Day 2: Fitness Session (Int or Ext)

*\*Refer to treadmill speeds if no field available. Be smart. Do not go outside if temperatures/conditions are not optimal. Recommend completing any skills work before starting this session.*

### Day 3: On-Field COD Session

*\*Recommend doing any skills work after completing this session. If you do not have space to do this session, substitute the Intensive Fitness session. If performing the Intensive Fitness session, be sure to perform the Activation exercises from the On-Field session prior to the Tempo Runs.*

### Day 4: Fitness Session (Int or Ext)

*\*Refer to treadmill speeds if no field available. Be smart. Do not go outside if temperatures/conditions are not optimal. Recommend completing any skills work before starting this session.*

### Day 5: Lift B

*\*Recommend completing any skills work before starting this session.*

*\*Make sure that you take approximately 48 hours of rest between Day 5 and Day 1 of the following week. For example, if you perform Lift B on Friday at 4 PM, you should perform Lift A the following Sunday around 4 PM. It is important to have at least 1 full day completely off from any activity. This allows your body to properly recover and be able to handle training at a high level the following week.*

## 4 Day Layout

### Day 1: Lift A

*\*Recommend completing any skills work before starting this session.*

### Day 2: Fitness Session (Ext or Int)

*\*Refer to treadmill speeds if no field available. Be smart. Do not go outside if temperatures/conditions are not optimal. Recommend completing any skills work before starting this session.*

### Day 3: On-Field COD Session

*\*Recommend doing any skills work after completing this session. If you do not have space to do this session, substitute the Intensive Fitness session. If performing the Intensive Fitness session, be sure to perform the Activation exercises from the On-Field session prior to the Tempo Runs.*

### Day 4: Lift B/Fitness (Ext or Int)

*\*Perform all of Lift B immediately followed by the intensive conditioning intervals. Refer to treadmill speeds if no field available. Be smart. Do not go outside if temperatures/conditions are not optimal. Recommend completing any skills work before starting this session.*

*\*Make sure that you take approximately 48 hours of rest between Day 4 and Day 1 of the following week. For example, if you perform Lift B on Friday at 4 PM, you should perform Lift A the following Sunday around 4 PM. It is important to have at least 1 full day completely off from any activity. This allows your body to properly recover and be able to handle training at a high level the following week.*

## 3 Day Layout

### Day 1: Lift A/Fitness (Ext or Int)

*\*Perform all of Lift A immediately followed by the intensive conditioning intervals. Refer to treadmill speeds if no field available. Be smart. Do not go outside if temperatures/conditions are not optimal. Recommend completing any skills work before starting this session.*

### Day 2: Fitness Session (Ext or Int)

*\*Refer to treadmill speeds if no field available. Be smart. Do not go outside if temperatures/conditions are not optimal. Recommend completing any skills work before starting this session.*

### Day 3: On-Field COD Session+Lift B

*\*Recommend doing any skills work after completing this session. If you do not have space to do this session, substitute the Intensive Fitness Session. If performing the Intensive Fitness session, be sure to perform the Activation exercises from the On-Field session prior to the Tempo Runs. Perform the on-field portion (or intensive fitness if you don't have space) prior to completing the lifting portion.*

*\*Make sure that you take approximately 48 hours of rest between Day 3 and Day 1 of the following week. For example, if you perform Lift B on Friday at 4 PM, you should perform Lift A the following Sunday around 4 PM. It is important to have at least 1 full day completely off from any activity. This allows your body to properly recover and be able to handle training at a high level the following week.*

**TRAIN WITH A PURPOSE - TRAIN WITH A PASSION**



# U13-U14 ATHLETIC PERFORMANCE SUMMER 2026

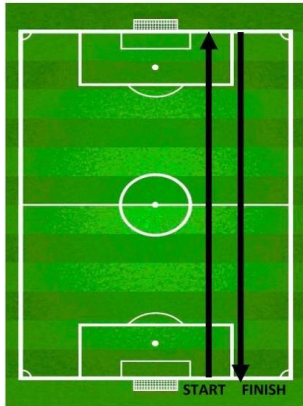


CYCLE:	6.15-7.26	Primary:	Aerobic Capacity
BLOCK:	Re-Accumulation	Secondary:	General Strength
COACH:	Teel	Tertiary:	Alactic Abilities

Weekly Physical Targets	#	GROUP:	F, M, D, GK
Total Distance Yds	2,740-4,550	PAGE	2
Hi-Spd Distance Yds	1,120-1,880		
Accels/Decels	64-102		

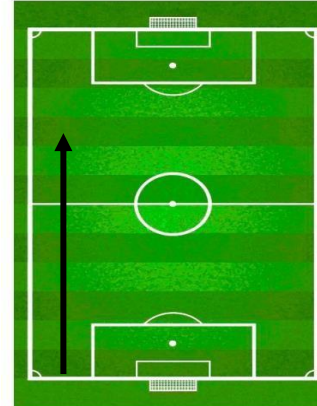
**Extensive Tempo Runs: 1 min on, 1 min off**

**Intensive Tempo Runs: 15 sec on, 30 sec off**



**INSTRUCTIONS:**

Run approximately 240 M in 1 min. Rest for 1 min. Repeat this for the prescribed number of sets and reps. Be sure to rest 5 minutes between series. You will cover approximately 2-2.5 fields in 1 min. Based on your fitness level you may cover a little more or a little less than 2.5 fields. As you get tired and fatigue sets in, try to cover at least 2 fields. These runs are supposed to be submaximal, so it will feel like you are running slower - this is the objective. Slower submaximal runs like this keep your heart rate in an aerobic zone. We are looking to develop your aerobic capacity. **THESE RUNS ARE NOT MEANT TO BE PERFORMED FAST. \*REFER TO TREADMILL SPEEDS IN SESSION IF NOT RUNNING ON A FIELD.**

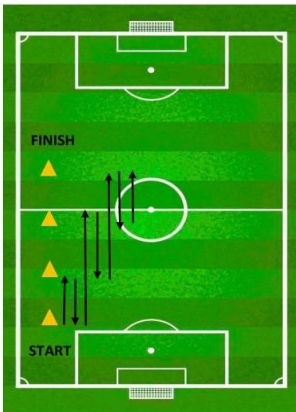


**INSTRUCTIONS:**

Run approximately 90 yds in 15 sec, rest for 30 sec. Repeat for prescribed number of sets and reps. Be sure to rest 5 minute between series. You should cover approximately 3/4-1 field lengths per rep. As you get tired and fatigue sets in, try to cover at least 3/4 fields. These runs are at a much faster pace than the extensive tempo runs form the other day. These runs are anerobic in nature, and the goal here is to improve your ability to repeat high intensity efforts on the field. Running within the approximate distances is more important than running fast and trying to run as far as you can. Try to stay on pace as you move through the workout. **\*REFER TO TREADMILL SPEEDS IN SESSION IF NOT RUNNING ON A FIELD.**

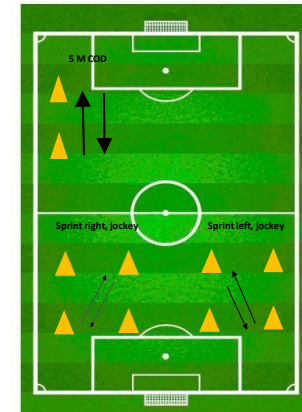
**4-8-12 COD**

**5 M COD / 5 M Sprint to Jockey**



**INSTRUCTIONS:**

Set up cones at 0, 4, 8, and 12 M. Refer to the diagram for instructions on when to change directions. Be sure to complete reps at 90% - 100% effort. Own the positions coming in and out of each cut. If performing with a stick, be sure to hold and own the position for 2-3 sec each time. Be aggressive coming out of the cone each time. Walk back and rest 30-60 sec between reps. Refer to video linked in program if needed.



**INSTRUCTIONS:**

For Shuffle and Turn & Sprint: Set up cones at 0 and 5 M. For Sprint to Jockey: 2 cones at 0 and 2 cones at 5, approximately 4 M apart. Perform the Sprint to Jockey drill on a diagonal. Refer to the diagram for instructions on when to change directions. Be sure to complete reps for all drills at 90% - 100% effort. Own the positions coming in and out of each cut. If performing with a stick, be sure to hold and own the position for 2-3 sec each time. Be aggressive coming out of the cone each time. Rest 30-60 sec between reps. Refer to video linked in program if needed.

*\*not demonstrated to scale (measure 4yds)*

*\*not demonstrated to scale (measure 4yds)*

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# U13-U14 Athletic Performance Summer 2026



CYCLE:	6.15-6.28	Primary:	Aerobic Capacity
BLOCK:	Restoration	Secondary:	General Strength
COACH:	Teel	Tertiary:	Alactic Abilities

Weekly Physical Targets		#	LEVEL:	U13-U14
Total Distance Yds	6190-8110		PAGE	4
Hi-Int Sprints	~0-8			
Hi-Spd Distance Yds	60-80			
Accels	62-72			
Decels	24			

## Lift - Unilateral Pattern Emphasis

	WK 1	WK 2	
NOTES:	All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.		

## Extensive Fitness

	WK 1	WK 2	
NOTES:	All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.		

	PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	Standing Dynamic Warmup		x10 ea			x10							
2	Snap Down to Vertical Jump		1x10			1x10							
3	Snap Down to Broad Jump		1x10			1x10							

	PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	HK Hip Flexion PRH		4x5 sec ea			4x5 sec ea							
2	Col Quad Hip Ext ERH		4x5 sec ea			4x5 sec ea							
3	SL 5 Pt. Reach		2x5 ea			2x5 ea							
4	Linear Locomotion Tier 1		x10 yd ea			x10 yd ea							

	EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	
A1	DB Split Squat			3x10 ea				4x10 ea										
	<i>*Finish heavier each week.</i>																	
A2	3pt SA DB Row			3x10 ea				4x10 ea										
	<i>*Finish heavier each week.</i>																	
B1	DB Alt. Bench Press			3x10 ea				4x10 ea										
	<i>*Finish heavier each week.</i>																	
B2	2DB SL RDL			3x10 ea				4x10 ea										
	<i>*Finish heavier each week.</i>																	
C1	DB 3-Way Shoulder			2x15 ea				2x15 ea										
	<i>*Finish heavier each week.</i>																	
C2	DB Curls			2x15 ea				2x15 ea										
	<i>*Finish heavier each week.</i>																	
C3	DB Triceps Extension			2x15 ea				2x15 ea										
	<i>*Finish heavier each week.</i>																	
C4	ISO Copenhagen			2x20 sec ea				2x20 sec ea										
	<b>COOL-DOWN:</b>																	
	Feet Elevated Wall Stretch w/ Belly Breathing			x1-2 min														
	and/or																	
	Extended Standing Dynamic			x :20-30s ea														
	and/or																	
	Bretzel 1			x5-10 breaths ea														
	and/or																	
	Bretzel 2 w/ Shin Box & Reach			x3-5 ea														

	EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓
A	Extensive Tempo Runs			1 min on, 1 min off				1 min on, 1 min off					
	<i>*Rest 5 min between series</i>												
				2x6				2x8					
	<i>*Approximately 238 yds/rep. Cover about 2.5 fields per rep, or run @ 8 mph</i>												
	<b>COOL-DOWN:</b>												
	Feet Elevated Wall Stretch w/ Belly Breathing			x1-2 min									
	and/or												
	Extended Standing Dynamic			x :20-30s ea									
	and/or												
	Bretzel 1			x5-10 breaths ea									
	and/or												
	Bretzel 2 w/ Shin Box & Reach			x3-5 ea									
	<i>*2,850-3,800 yds Total Distance, 12-16 Accels</i>												

	WK 1	WK 2	
INJURY NOTE:			

	PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	3-Way Toe Walks		x10 yd ea			x10 yd ea							
2	3-Way Heel Walks		x10 yd ea			x10 yd ea							
3	Penguin March Forwards		x10 yd			x10 yd							
4	Rudiment 1		x10 yd ea			x10 yd ea							

	EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓
A	Extensive Tempo Runs			1 min on, 1 min off				1 min on, 1 min off					
	<i>*Rest 5 min between series</i>												
				2x6				2x8					
	<i>*Approximately 238 yds/rep. Cover about 2.5 fields per rep, or run @ 8 mph</i>												
	<b>COOL-DOWN:</b>												
	Feet Elevated Wall Stretch w/ Belly Breathing			x1-2 min									
	and/or												
	Extended Standing Dynamic			x :20-30s ea									
	and/or												
	Bretzel 1			x5-10 breaths ea									
	and/or												
	Bretzel 2 w/ Shin Box & Reach			x3-5 ea									
	<i>*2,850-3,800 yds Total Distance, 12-16 Accels</i>												

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# U13-U14 Athletic Performance Summer 2026



<b>CYCLE:</b>	6.29-7.12	<b>Primary:</b>	Aerobic Abilities
<b>BLOCK:</b>	Intensification	<b>Secondary:</b>	General Strength
<b>COACH:</b>	Teel	<b>Tertiary:</b>	Alactic Abilities

<b>Weekly Physical Targets</b>	<b>#</b>	<b>LEVEL:</b>	<b>U13-U14</b>
Total Distance	7,934-10,402	<b>PAGE</b>	<b>5</b>
Hi-Int Sprints	~0-10		
Hi-Spd Distance	1,804-2,372		
Accels	78-90		
Decels	24		

## Lift - Bilateral Pattern Emphasis

		WK 3				WK 4									
NOTES:		All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.													
PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	Standing Dynamic Warmup	x10	ea				x10								
2	Snap Down to Vertical Jump	1x10					1x10								
3	Snap Down to Broad Jump	1x10					1x10								
<b>COOL-DOWN:</b>															
Feet Elevated Wall Stretch w/ Belly Breathing		x1-2 min													
and/or															
Extended Standing Dynamic		x :20-30s ea													
and/or															
Bretzel 1		x5-10 breaths ea													
and/or															
Bretzel 2 w/ Shin Box & Reach		x3-5 ea													

## On-Field Speed/COD Session

		WK 3				WK 4									
NOTES:		All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.													
PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	HK Hip Flexion PRH	4x5	sec ea				4x5	sec ea							
2	Col Quad Hip Ext ERH	4x5	sec ea				4x5	sec ea							
3	SL 5 Pt. Reach	2x5	ea				2x5	ea							
4	Linear Locomotion Tier 1	x15	yd ea				x15	yd ea							
<b>COOL-DOWN:</b>															
Feet Elevated Wall Stretch w/ Belly Breathing		x1-2 min													
and/or															
Extended Standing Dynamic		x :20-30s ea													
and/or															
Bretzel 1		x5-10 breaths ea													
and/or															
Bretzel 2 w/ Shin Box & Reach		x3-5 ea													
<i>*530 yds Total Distance, 100 yds Hi-Spd Distance, 42 Accels, 24 Decels</i>															

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# U13-U14 Athletic Performance Summer 2026



CYCLE:	6.29-7.12	Primary:	Aerobic Abilities
BLOCK:	Intensification	Secondary:	General Strength
COACH:	Teel	Tertiary:	Alactic Abilities

Weekly Physical Targets	#
Total Distance	7,934-10,402
Hi-Int Sprints	~0-10
Hi-Spd Distance	1,804-2,372
Accels	78-90
Decels	24

LEVEL:	U13-U14
PAGE	6

## Lift - Unilateral Pattern Emphasis

NOTES:	WK 3			WK 4		
	WT	REPS	NOTE	WT	REPS	NOTE
	All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.					

## Extensive Fitness

NOTES:	WK 3			WK 4		
	WT	REPS	NOTE	WT	REPS	NOTE
	All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.					

PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE
1 Standing Dynamic Warmup		x10 ea			x10	
2 Snap Down to Vertical Jump		1x10			1x10	
3 Snap Down to Broad Jump		1x10			1x10	

PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE
1 HK Hip Flexion PRH		4x5 sec ea			4x5 sec ea	
2 Col Quad Hip Ext ERH		4x5 sec ea			4x5 sec ea	
3 SL 5 Pt. Reach		2x5 ea			2x5 ea	
4 Linear Locomotion Tier 1		x15 yd ea			x15 yd ea	

EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	
A1 DB Split Squat			4x8 ea				5x8 ea										
<i>*Finish heavier each week.</i>																	
A2 3pt SA DB Row			4x8 ea				5x8 ea										
<i>*Finish heavier each week.</i>																	
B1 DB Alt. Bench Press			4x8 ea				5x8 ea										
<i>*Finish heavier each week.</i>																	
B2 2DB SL RDL			4x8 ea				5x8 ea										
<i>*Finish heavier each week.</i>																	
C1 DB 3-Way Shoulder			2x12 ea				2x12 ea										
<i>*Finish heavier each week.</i>																	
C2 DB Curls			2x12 ea				2x12 ea										
<i>*Finish heavier each week.</i>																	
C3 DB Triceps Extension			2x12 ea				2x12 ea										
<i>*Finish heavier each week.</i>																	
C4 ISO Copenhagen			2x30 sec ea				2x30 sec ea										

EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	
A Extensive Tempo Runs			1 min on, 1 min off				1 min on, 1 min off										
<i>*Rest 5 min between series</i>																	
<i>*Approximately 238 yds/rep. Cover about 2.5 fields per rep, run @ 8 mph</i>																	
<b>COOL-DOWN:</b>																	
Feet Elevated Wall Stretch w/ Belly Breathing							x1-2 min										
and/or																	
Extended Standing Dynamic							x :20-30s ea										
and/or																	
Bretzel 1							x5-10 breaths ea										
and/or																	
Bretzel 2 w/ Shin Box & Reach							x3-5 ea										
<i>*5,700-7,600 yds Total Distance, 24-32 Accels.</i>																	

## Intensive Fitness

INJURY NOTE:	WK 3			WK 4		
	WT	REPS	NOTE	WT	REPS	NOTE
1 Standing Dynamic Warmup		x3-5 ea			x3-5 ea	
2 Rudiment 2		x10 yd ea			x10 yd ea	
3 Non-Linear Locomotive		x10 yd ea			x10 yd ea	
<b>EXERCISE</b>						
A Intensive Tempo Runs			30 sec on, 30 sec off			30 sec on, 30 sec off
<i>*Rest 5 min between series</i>						
<i>*Approximately 140 yds/rep. Cover about 1.5 fields per rep, run @ 10 mph.</i>						
B PEDESTAL			1x10 ea			1x10 ea
<b>COOL-DOWN:</b>						
Feet Elevated Wall Stretch w/ Belly Breathing						x1-2 min
and/or						
Extended Standing Dynamic						x :20-30s ea
and/or						
Bretzel 1						x5-10 breaths ea
and/or						
Bretzel 2 w/ Shin Box & Reach						x3-5 ea
<i>*1,704-2,272 yds Hi-Spd Distance, 12-16 Accels</i>						

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# U13-U14 Athletic Performance Summer 2026



<b>CYCLE:</b>	7.13-7.26	<b>Primary:</b>	Aerobic Abilities
<b>BLOCK:</b>	Transmutation	<b>Secondary:</b>	Max Strength
<b>COACH:</b>	Teel	<b>Tertiary:</b>	Alactic Abilities

<b>Weekly Physical Targets</b>	<b>#</b>	<b>LEVEL:</b>	<b>U13-U14</b>
Total Distance	10,422-12,930	<b>PAGE</b>	<b>7</b>
Hi-Int Sprints	~0-8		
Hi-Spd Distance	2,392-3,000		
Accels	70-80		
Decels	24		

## Lift - Bilateral Pattern Emphasis

WK 5			WK 6		
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**NOTES:**

All exercise names are hyperlinked to a YouTube video.  
Click or tap just to the left of the exercise name for demonstration.

PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1 Standing Dynamic Warmup		x10 ea			x10							
2 Continuous Vertical Jump		2x5			2x5							
3 Continuous Broad Jump		2x5			2x5							

EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	
A1 Goblet Squat			4x4				5x4										
<i>*Finish heavier each week.</i>																	
A2 2DB CS Row			4x4				5x4										
<i>*Finish heavier each week.</i>																	
B1 DB RDL			4x4				5x4										
<i>*Finish heavier each week.</i>																	
B2 BB Bench Press			4x4				5x4										
<i>*Finish heavier each week.</i>																	
B3 Lat Pulldown OR Chin Up			4x4				5x4										
<i>*Finish heavier each week.</i>																	
C1 DB Standing OH Press			4x4				5x4										
<i>*Finish heavier each week.</i>																	
C2 SB Leg Curl (1 in - 1 out)			4x8 ea				5x8 ea										

### COOL-DOWN:

Feet Elevated Wall Stretch w/ Belly Breathing	x1-2 min
and/or	
Extended Standing Dynamic	x :20-30s ea
and/or	
Bretzel 1	x5-10 breaths ea
and/or	
Bretzel 2 w/ Shin Box & Reach	x3-5 ea

## On-Field Speed/COD Session

WK 5			WK 6		
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**NOTES:**

All exercise names are hyperlinked to a YouTube video.  
Click or tap just to the left of the exercise name for demonstration.

PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1 HK Hip Flexion LO		3x10 sec ea			3x10 sec ea							
2 Col Quad Hip Ext LO		3x10 sec ea			3x10 sec ea							
3 Mini Band 5 Pt. Reach		2x5 ea			2x5 ea							
4 Linear Locomotion Tier 1		x20 yd ea			x20 yd ea							

EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓			
A Push-Up to 20yd sprint			x6				x8												
<i>*2 min rest between reps</i>																			
		<i>*6 accels, 120 yds</i>						<i>*8 accels, 160 yds</i>											
<i>*4-8-12 Change of Direction</i>																			
		<i>*430 yds Total Distance, 32 Accels, 24 Decels</i>																	
B Sprint to Backpedal			x4				x4												
Shuffle			x2 ea				x2 ea												
Turn & Sprint			x2 ea				x2 ea												
<i>*REACTIVE - NO STICK</i>																			
<i>*Cones at 0, 4, 8, &amp; 12 yds</i>																			
C PILLAR			1x12 ea				1x12 ea												

### COOL-DOWN:

Feet Elevated Wall Stretch w/ Belly Breathing	x1-2 min
and/or	
Extended Standing Dynamic	x :20-30s ea
and/or	
Bretzel 1	x5-10 breaths ea
and/or	
Bretzel 2 w/ Shin Box & Reach	x3-5 ea

*\*550-590 yds Total Distance, 120-160 yds Hi-Spd Distance, 38-40 Accels, 24 Decels*

**TRAIN WITH A PURPOSE - TRAIN WITH A PASSION**



# U13-U14 Athletic Performance Summer 2026



CYCLE:	7.13-7.26	Primary:	Aerobic Abilities
BLOCK:	Transmutation	Secondary:	Max Strength
COACH:	Teel	Tertiary:	Alactic Abilities

Weekly Physical Targets	#
Total Distance	10,422-12,930
Hi-Int Sprints	~0-8
Hi-Spd Distance	2,392-3,000
Accels	70-80
Decels	24

LEVEL:	U13-U14
PAGE	8

## Lift - Unilateral Pattern Emphasis

NOTES:	WK 5	WK 6
	All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.	

## Extensive Fitness

NOTES:	WK 5	WK 6
	All exercise names are hyperlinked to a YouTube video. Click or tap just to the left of the exercise name for demonstration.	

	PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	Standing Dynamic Warmup		x10 ea			x10							
2	Continuous Vertical Jump		2x5			2x5							
3	Continuous Broad Jump		2x5			2x5							

	PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	HK Hip Flexion PRH		4x5 sec ea			4x5 sec ea							
2	Col Quad Hip Ext ERH		4x5 sec ea			4x5 sec ea							
3	Mini Band 5 Pt. Reach		2x5 ea			2x5 ea							
4	Linear Locomotion Tier 1		x15 yd ea			x15 yd ea							

	EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	
	DB Split Squat			4x5 ea				5x5 ea										
	<i>*Finish heavier each week.</i>																	
	3pt SA DB Row			4x5 ea				5x5 ea										
	<i>*Finish heavier each week.</i>																	
B1	DB Alt. Bench Press			4x5 ea				5x5 ea										
	<i>*Finish heavier each week.</i>																	
B2	2DB SL RDL			4x5 ea				5x5 ea										
	<i>*Finish heavier each week.</i>																	
C1	DB 3-Way Shoulder			2x10 ea				2x10 ea										
	<i>*Finish heavier each week.</i>																	
C2	DB Curls			2x10 ea				2x10 ea										
	<i>*Finish heavier each week.</i>																	
C3	DB Triceps Extension			2x10 ea				2x10 ea										
	<i>*Finish heavier each week.</i>																	
C4	Copenhagen Raise			1x20 ea				1x20 ea										
	<i>*Finish heavier each week.</i>																	
	<b>COOL-DOWN:</b>																	
	Feet Elevated Wall Stretch w/ Belly Breathing							x1-2 min										
	and/or																	
	Extended Standing Dynamic							x :20-30s ea										
	and/or																	
	Bretzel 1							x5-10 breaths ea										
	and/or																	
	Bretzel 2 w/ Shin Box & Reach							x3-5 ea										

	EXERCISE	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	%	WT	REPS	✓	
A	Extensive Tempo Runs			2 min on, 1 min off				2 min on, 1 min off										
	<i>*Rest 5 min between series</i>																	
				2x8				2x10										
	<i>*Approximately 475 yds/rep. Cover about 4.5 fields per rep, run @ 8 mph</i>																	
	<b>COOL-DOWN:</b>																	
	Feet Elevated Wall Stretch w/ Belly Breathing							x1-2 min										
	and/or																	
	Extended Standing Dynamic							x :20-30s ea										
	and/or																	
	Bretzel 1							x5-10 breaths ea										
	and/or																	
	Bretzel 2 w/ Shin Box & Reach							x3-5 ea										
	<i>*7,600-9,500 yds Total Distance, 16-20 Accels.</i>																	

## Intensive Fitness

	INJURY NOTE:	WK 5	WK 6										
	PRE-LIFT	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE	WT	REPS	NOTE
1	Standing Dynamic Warmup		x3-5 ea			x3-5 ea							
2	Rudiment 2		x10 yd ea			x10 yd ea							
3	Non-Linear Locomotive		x10 yd ea			x10 yd ea							
	<b>EXERCISE</b>												
A	Intensive Tempo Runs		30 sec on, 15 sec off			30 sec on, 15 sec off							
	<i>*Rest 5 min between series</i>												
			2x8			2x10							
	<i>*Approximately 140 yds/rep. Cover about 1.5 fields per rep, run @ 10 mph.</i>												
B	PILLAR		1x12 ea			1x12 ea							
	<b>COOL-DOWN:</b>												
	Feet Elevated Wall Stretch w/ Belly Breathing					x1-2 min							
	and/or												
	Extended Standing Dynamic					x :20-30s ea							
	and/or												
	Bretzel 1					x5-10 breaths ea							
	and/or												
	Bretzel 2 w/ Shin Box & Reach					x3-5 ea							
	<i>*2,272-2,840 yds Hi-Spd Distance, 16-20 Accels</i>												

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