



## U14 Athletic Development Circuit: Pitch-Based



| Foundational Movement | Movement                 | Video Link                                                              | Sets  | Reps                    | Coaching Points                                  |
|-----------------------|--------------------------|-------------------------------------------------------------------------|-------|-------------------------|--------------------------------------------------|
|                       | Split Squat - Hold       | <a href="https://youtu.be/F1d0xb-plxI">https://youtu.be/F1d0xb-plxI</a> | x 2-3 | x10-20 seconds          | "Stay tall and hold for time"                    |
|                       | Split Squat - Bottoms Up | <a href="https://youtu.be/vYajX7AUC8E">https://youtu.be/vYajX7AUC8E</a> | x 2-3 | x10-15 each side        | "Heels on the floor, chest up"                   |
|                       | Squat - Hold             | <a href="https://youtu.be/frbxC3sF0E">https://youtu.be/frbxC3sF0E</a>   | x 2-3 | x20-30 seconds          | "Go as low as you can hold with good posture"    |
|                       | Bodyweight Squat         | <a href="https://youtu.be/dGAGeT4-LRE">https://youtu.be/dGAGeT4-LRE</a> | x 2-3 | x10-15                  | "Heels on the floor, chest up"                   |
|                       | Tension Push Up          | <a href="https://youtu.be/r_39eJahUI8">https://youtu.be/r_39eJahUI8</a> | x 2-3 | 5 sec per hold, x2 reps | "Keep your body straight and hold each position" |
|                       | Support Series           | <a href="https://youtu.be/iZY_a2Jl858">https://youtu.be/iZY_a2Jl858</a> | x 2-3 | x5-10 seconds each      | "Keep your body straight and hold each position" |