



U16 Athletic Development Circuit: Pitch-Based



Foundational Movement	Movement	Video Link	Sets	Reps	Coaching Points
	Split Squat - Hold	https://youtu.be/F1d0yb-pkxI	x 2-3	x10-30 seconds	"Stay tall and hold for time"
	Walking Lunge	https://youtu.be/wnGpFWDEv90	x 2-3	x10-15 each side	"Heels on the floor, chest up"
	Squat - Hold	https://youtu.be/fr1mC3sF0E	x 2-3	x20-40 seconds	"Go as low as you can hold with good posture"
	Prisoner Squat	https://youtu.be/azs58R2yO1Y	x 2-3	x10-15	"Heels on the floor, chest up"
	Inchworm Push Up	https://youtu.be/9wBQVYG3I	x 2-3	x10+	"Keep your body straight and hold each position"
	Partner Inverted Row	https://www.youtube.com/watch?v=XWN6Zq	x 2-3	x10+	Partner - "maintain a low strong position with good posture"
	Side Plank		x 2-3	x10-20 seconds	"Keep your body straight and hold each position"
	Front Plank		x 2-3	x10-20 seconds	"Keep your body straight and hold each position"

FUN - OPTIONS	Partner Circuits	Partner Assisted Exercises - Squat, Push Up, Inverted Row
	Partner Carries	Wheelbarrow Walks, Piggy Back Carry, Wedding Carry, Soldier Carry
	Tug Of War	Push Up Tug O War, Battle Rope Team
	Crawling Games	Fun Games integrating Crawling variations
	Wrestling Games	Pick Pocket, Partner Push/Pull Games, Partner Resisted Get Ups