



Starters FA with Wolfman Fitness a Strength and Conditioning Overview



Youth Strength and Conditioning Programmes

Here at Starters FA with Wolfman Fitness, we believe that the focus for youth players should be on developing fundamental movement skills and building a foundation for physical activity, emphasizing proper form and technique rather than heavy weights.

The Key Components of the Programme

Fundamental Movement Skills:

- We focus on building on top of the fundamental movements, like running, jumping, balance, throwing, catching, and agility through activities like reaction games, assault style courses, and time trials.

Bodyweight Exercises:

- By incorporating exercises like push-ups (on knees or full), squats, lunges, and planks, developing proper form and technique, as well as looking at bi, and unilateral movements, we can ensure that the foundations are in place for future development, as well as a resilience to training breakdown.

Plyometrics:

- Introduction to jumping, bounding, and hopping exercises, which will help to develop power and explosiveness, while allowing for muscle development to continue naturally.

Core Strength:

- Focus on engaging the core muscles through exercises, but also through education on posture and positioning. Helping to ensure a healthier and hopefully less injury prone future.

Sport-Specific Training:

- Incorporating the above into what we deliver in our Football specific sessions through SAQ drills and inhouse CPD education for all coaches, we can guarantee that the potential benefits get maximised and that development is holistic in both approach and outcome.

Warm-up (Prehab) and Cool-down (Rehab):

- We make sure that all our sessions have these built in in ways that help to avoid making them a negative or seemingly unnecessary element to training. Again helping to educate and foster a far healthier interaction with training, leading to lasting enjoyment and involvement.

The Programme

The programme follows the basic principles of Fitness and Training, focussing on the general components of fitness. These often overlap and cross reference, which leads to a broad and athletic approach/outcome.

The Components of Fitness

- Health Related Fitness elements

1. Cardiovascular Endurance
2. Muscular Endurance
3. Muscular Strength
4. Flexibility
5. Body Composition

- Skill Related Fitness elements

1. Agility
2. Balance
3. Co Ordination
4. Power
5. Reaction Time
6. Speed

A term will be broken into 6 sessions, which will follow the Skill related components of fitness, but always be incorporating multiple threads from the Health Related components.

At the end of each term, a breakdown of development can be offered, showcasing a player's strengths, whilst highlighting the areas to improve, with a plan developed in order to do so. This means term on term, progress is measurable, as well as comparable to an individual's previous efforts. This will lead to a greater understanding of an individual's abilities, whilst also developing and nurturing a good grounding for future improvement.