# AGE 13–14 DRYLAND

**Frequency Target:** 2–3×/week, 35–45 minutes

## Phase 1 – Foundation (Nov 9 – Nov 22)

### Session A

1. Warm-up & Mobility (same patterns as 11–12)
2. Footwork & Agility
    - Ladder – 1-In, 2-In, Lateral In-In-Out-Out
    - Cone – Sprint 5–10m → Decelerate → Backpedal
3. Jumps
    - Squat Jumps – 2×6–8
    - Tuck Jumps – 2×5–6
    - Lateral Line Hops – 2×6–8
4. Strength
    - Goblet Squat (light) – 2×8
    - DB/KB RDL – 2×8
    - Reverse Lunge – 2×6/leg
    - Push-Up – 2×6–8
    - Band/TRX Row – 2×8–10
    - Pallof Press or Side Plank – 2×20–30s
5. Cooldown Mobility

### Session B

Same template, slightly different footwork emphasis:

- Cone – Shuffle → Drop Step → Pivot
- Ladder patterns repeated
- Same jump and strength block

## Phase 2 – Build (Nov 23 – Dec 15)

You'll likely use **3 sessions/week** here (A/B/C).

### Session A – Broad Jumps & Basic Strength

1. Warm-up & Mobility
2. Footwork
    - Ladder – 1-In, Icky Shuffle
    - Cone – Sprint → Decel → Backpedal
3. Jumps
    - Broad Jumps – 2×5–6
    - Lateral Bounds (Single-Leg, Short) – 2×5/leg
    - Box Jumps (Low Box) – 2×5–6
4. Strength
    - Goblet Squat – 2–3×6–8
    - DB RDL – 2–3×6–8
    - Lateral Lunge – 2–3×6/leg
    - Push-Up / DB Bench – 2–3×6–10
    - Band/TRX Row – 2–3×8–10
    - Pallof Press – 2–3×8/side
5. Med-Ball
    - Chest Pass – 3×6
    - Overhead Slam – 3×6
6. Cooldown Mobility

### Session B – Agility & Rotation

1. Warm-up & Mobility
2. Footwork
    - Ladder – lateral patterns, direction changes
    - Cone – Sprint → Plant → 45° Cut
    - Reaction Drill (coach points direction)
3. Jumps
    - Same as Session A or slightly reduced volume
4. Strength
    - Similar circuit, possibly 2 rounds only
5. Med-Ball
    - Rotational Throw – 2–3×6/side
6. Cooldown Mobility

### Session C – Lighter Strength & Mobility (if 3rd day)

1. Warm-up & Mobility
2. Footwork (short)
3. Jumps – 2×4 broad jumps, 2×4 box jumps
4. Strength – 2 rounds only
5. Med-Ball – 2×6 chest pass
6. Extended mobility

## Phase 3 – Peak Explosiveness (Dec 16 – Jan 3)

You can mostly use **Sessions A/B**, keeping them crisp and short.

### Session A

1. Warm-up & Mobility
2. Footwork – 2 ladder patterns, 1–2 cone drills
3. Jumps – 3×4 broad jumps, 3×3–4 box jumps
4. Strength – 1–2 rounds of main patterns
5. Med-Ball – 2×6 chest pass, 2×6 overhead slam
6. Cooldown Mobility

### Session B

Same structure with slightly less volume.

## January 4 – Taper Activation (13–14)

- Light warm-up/mobility
- 2 ladder drills, 2× each
- 2×3 squat jumps, 2×3 broad jumps
- 2×6 chest pass or overhead slam
- Long mobility