AGE 11–12 DRYLAND

Timeline: Nov 9, 2026 – Jan 4, 2027

Frequency Target: 2×/week, 30–40 minutes

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

Session A – Movement & Jumps Basics

1. **Athletic Warm-up & Mobility**
    - A-Skips - https://youtube.com/shorts/x4CyGNoPHeo?si=VDlHYgkzxFTt4h-f
    - B-Skips - https://youtube.com/shorts/n76w1zAW78E?si=WRGXvl3kBurk48KN
    - Lateral Shuffles (short distance) - https://youtube.com/shorts/nqLsCj7pgbw?si=OAlHbK1VsiNlQHkB
    - Backpedal → Forward Jog -
    - Dynamic Forward Lunge with Hip Opener
    - 90/90 Hip Rotations
    - Ankle Rocking Over Toes
    - T-Spine Rotations (Thread the Needle / Open Books)
2. **Footwork & Agility**
    - Ladder – 1-In Each (Forward)
    - Ladder – 2-In Each (Forward)
    - Ladder – Lateral In-In-Out-Out
3. **Explosive Jump Block**
    - Bodyweight Squat Jumps – 2×6–8
    - Tuck Jumps – 2×5–6
    - Low Lateral Line Hops (Two Feet) – 2×6–8
4. **Strength & Athletic Capacity**
    - Bodyweight Squat – 2×8–10
    - Hip Hinge (Bodyweight Good Morning) – 2×8–10
    - Reverse Lunge – 2×6/leg
    - Incline Push-Up – 2×6–8
    - Band or TRX Row – 2×8–10
    - Dead Bug – 2×20–30s
5. **Cooldown Mobility**
    - Hip Flexor Stretch (Half-Kneeling)
    - Calf/Soleus Stretch (Wall)
    - T-Spine Open Books
    - Shoulder Wall Slides

Session B – Agility & Jumps Repeat

1. **Athletic Warm-up & Mobility**
   (Same list as Session A)
2. **Footwork & Agility**
    - Cone – Sprint 5m → Decelerate → Backpedal 5m
    - Cone – Lateral Shuffle to Cone → Drop Step → Pivot → Jog Out
    - Ladder – 1-In Each (Forward)
3. **Explosive Jump Block**
   (Same as Session A)

4. **Strength & Athletic Capacity**
    - Bodyweight Squat or Light Goblet Squat – 2×8–10
    - Hip Hinge (Light DB RDL if available) – 2×8–10
    - Split Squat – 2×6/leg
    - Incline Push-Up – 2×6–8
    - Band or TRX Row – 2×8–10
    - Front Plank – 2×20–30s
5. **Cooldown Mobility**
   (Same as Session A)

Phase 2 – Strength & Explosiveness Build (Nov 23 – Dec 15)

Session A – Broad Jumps & Basic Strength

1. **Athletic Warm-up & Mobility**
   (Same as Phase 1)
2. **Footwork & Agility**
   - Ladder – 1-In, 2-In
   - Cone – Sprint 5–10m → Decelerate → Backpedal
   - Ladder – Lateral In-In-Out-Out
3. **Explosive Jump Block**
   - Squat Jumps – 2×6
   - Broad Jumps (Short Distance, Stick Landing) – 2×5–6
   - Lateral Line Jumps (Slightly Bigger) – 2×6
4. **Strength & Athletic Capacity**
   - Light Goblet Squat – 2×8
   - Hip Hinge (Light DB RDL) – 2×8
   - Reverse Lunge – 2×6/leg
   - Push-Up (incline or floor) – 2×6–8
   - Band/TRX Row – 2×8–10
   - Dead Bug – 2×20–30s
5. **Med-Ball Power**
   - Chest Pass to Wall – 3×6
   - Overhead Slam – 3×6
6. **Cooldown Mobility**
   (Same as Phase 1)

Session B – Agility Emphasis & Repeat Jumps

1. **Athletic Warm-up & Mobility**
   (Same)
2. **Footwork & Agility**
   - Ladder – Lateral patterns
   - Cone – Shuffle → Drop Step → Pivot
   - Short Reaction Drill (coach points left/right; athlete shuffle/cut)
3. **Explosive Jump Block**
   (Same as Session A)
4. **Strength & Athletic Capacity**
   - Squat – 2×8–10
   - Hip Hinge – 2×8–10
   - Split Squat – 2×6/leg
   - Push-Up – 2×6–8
   - Band Row – 2×8–10
   - Front Plank – 2×20–30s
5. **Med-Ball Power**
   - Chest Pass – 2–3×6

- Overhead Slam – 2–3×6

6. **Cooldown Mobility**

Phase 3 – Peak Explosiveness / In-Season (Dec 16 – Jan 3)

Session A – Short, Crisp Power

1. **Warm-up & Mobility**
   (Same list, slightly shorter)
2. **Footwork & Agility**
   - 2 ladder patterns (1-In, lateral) – 2× each
   - Cone – Sprint 5–10m → Controlled Decel
3. **Explosive Jump Block**
   - Squat Jumps – 2×4–6
   - Short Broad Jumps – 2×4–5
4. **Strength & Athletic Capacity**
   - Squat – 2×6–8
   - Hip Hinge – 2×6–8
   - Reverse Lunge – 2×5/leg
   - Push-Up – 2×6–8
   - Band Row – 2×6–8
5. **Cooldown Mobility**
   (Longer)

Session B – Activation & Mobility

Similar structure with slightly less volume:

- Warm-up & Mobility
- 1–2 ladder drills
- Jumps: 2×4 squat jumps, 2×4 short broad jumps
- Strength: 1–2 sets of each pattern
- Longer cooldown mobility

January 4 – Taper Activation Session (11–12)

Short and light (20–25 min):

1. Light Warm-up & Mobility
2. Footwork: 1–2 simple ladder drills, 2× each
3. Jumps: 2×3 squat jumps, 2×3 short broad jumps
4. Optional: 2×6 light med-ball chest pass
5. Extended mobility (hips, calves, shoulders, T-spine)