AGE 15-16 DRYLAND

Frequency Target: 3×/week, 45–60 minutes

Phase 1 – Foundation (Nov 9 – Nov 22)

Session A

1. Warm-up & Mobility
2. Footwork
    - Ladder basics (1-In, 2-In, lateral)
    - Cone – Sprint 10m → Controlled Decel
3. Jumps
    - Squat Jumps – 2×8
    - Tuck Jumps – 2×6
    - Lateral Line Hops – 2×8
4. Strength
    - Goblet Squat – 2–3×6–8
    - DB/KB RDL – 2–3×6–8
    - Reverse Lunge – 2×6/leg
    - Push-Up / DB Bench – 2×8–10
    - Band/TRX Row – 2×8–10
    - Pallof Press or Side Plank – 2×20–30s
5. Med-Ball – Chest Pass + Overhead Slam
6. Mobility

Session B

Similar, with footwork variation:

- Cone – Shuffle → Sprint → Decel → Backpedal
- Jumps and strength repeated

Phase 2 – Build (Nov 23 – Dec 15)

3 sessions per week: A/B/C.

Session A – Lower-Body Emphasis

1. Warm-up & Mobility
2. Footwork – ladder + cone sprints
3. Jumps
    - Broad Jumps – 3×4–6
    - Single-Leg Bounds – 3×4–5/leg
    - Box Jumps – 2×4–6
4. Strength
    - Goblet Squat – 3×6–8
    - RDL – 3×6–8
    - RFESS (rear-foot elevated split) – 2–3×6/leg
    - Core – Pallof Press – 2–3×8/side
5. Med-Ball – Chest Pass / Overhead Slam
6. Mobility

Session B – Upper + Agility

1. Warm-up & Mobility
2. Footwork – more change-of-direction
3. Jumps – same or slightly reduced
4. Strength
    - Push-Up / DB Bench – 3×6–10
    - DB Row / TRX Row – 3×8–10
    - Light squat or lunge – 2×6–8
    - Core – Dead Bug / Side Plank
5. Med-Ball – Rotational Throws
6. Mobility

Session C – Mixed, Slightly Lighter

1. Warm-up & Mobility
2. Footwork – short
3. Jumps – 2×4 broad, 2×4 box
4. Strength – 2 rounds of mixed patterns
5. Med-Ball – 2×6 chest pass

6. Extended mobility

Phase 3 – Peak (Dec 16 – Jan 3)

You'll keep **3 sessions** but with lower volume.

Session A – Power Focus

1. Warm-up & Mobility
2. Footwork – ladders and cones (short bursts)
3. Jumps – 3×4 broad, 3×3–4 box
4. Strength – 1–2 rounds of core lifts (squat, hinge, lunge, push, pull)
5. Med-Ball – 2×6 chest pass, 2×6 rotational throws
6. Mobility

Session B – Agility & Activation

Similar but with:

- Slightly fewer jumps
- 1–2 rounds of strength
- More mobility emphasis

Session C – Very Light

- Warm-up
- Short footwork
- 2×3 jumps of each type
- 1 round strength
- Long mobility

January 4 – Taper Activation (15–16)

Same pattern:

- Light warm-up
- 2 ladder drills
- 2×3 squat jumps, 2×3 broad jumps
- 2×6 med-ball throws
- Long mobility

1.