

# Saint Strong



*Strength & Conditioning*

*Training Process*

# Why?

*Why create a youth strength & conditioning training process?*

The Saint Strong team believe that the presence of an effective strength and conditioning training process within our whole-school physical preparation model can significantly assist our student-athletes in achieving their full potential.

We as teachers and coaches aim to facilitate the progressive development of each student-athlete. Our focus is based on simply performing the basics consistently well at every opportunity.

Athletes at a youth stage must be managed carefully and shown a clear skill based progression model in order to understand how to move forward as an athlete.

# What's Included?

- This document outlines the components within our training process that help to develop our athletes understanding of *how* they flow through the *Saint Strong* training system.
- Details of how we programme, accessory movements, metabolic and speed work are not included in this document.
- How we decide about how to progress or regress athletes between each strength / power skill in our process is not included in this document.

# Training Process

*Position - Precision - Performance*

- Suppleness - Tissue Care & Mobility
- Fire Up - Core Temperature & Activation
- Speed & Power - Plyometrics & Olympic Lifts
- Strength - Push & Pull (Primary Lifts)
- 5 Step Recovery - Nutrition & Recovery Education

# Tissue Care

(Myofascial Release Tools - Foam Roller & Tennis / Hockey / Lacrosse Ball )

- Back - Roller - Side to Side Smash
- Shoulders / Lats - Ball - Rotator / Lat to Tri / OH Smash
- Glutes - Ball - Side to Side Smash
- Hamstrings - Seated Roller / BB - Side to Side Smash
- ITB - Roller - Side to Side Smash - Pressure Wave
- Quads - Roller / Friend Foot Pressure - Side to Side
- Calves & Feet - Ball - Side to Side & Pressure Wave

# Mobility

(Mobilise Ground Up + Static Stretch to Increase Range of Movement)

- *Ground Up Philosophy*
- Ankles - Knee to Wall, Balls of Feet to Wall
- Hips - Climbers, Squat to Stand, Pigeon, Couch
- Thoracic - PVC - Dislocates, Bench Drop, Rotation
- Lats - Wall Lean Lat / Tri, Overhead Distraction
- Shoulders - Band / PVC Pipe Complex

# Warm Up / Activation

(Options)

- *Raise the Core Temperature!*
- Bike or Row or Skip, BW Squats, MD Lunges, Push Up & Row
- *Activate*
- Core - Plank Series / Anti-Rotation
- Glute Series - Bridge, Hip Hitches, Band Walks, SL CB Squats
- Scapular Series - Angels, IYTW, Cubans, Splitters
- Shoulder Prehab - Busters & No Money
- Wholebody - PVC Olympic Movements

# Plyometrics

(Start with BL Jumps with stick then UL & progress to hops / bounds + multi-directional)

- Lower Options:
- Jumps - CMJ / Knees to Feet / Broad / Box / Depth
- Hurdle Hops BL - Mini - High (Including MD)
- Hurdles Hops UL - Mini (Including MD)
- Upper Options:
- Clap Push Up, Depth Push Up, Alt.Arm Plyo Push
- MB Rotational Wall Toss, MB Chest Pass, OH Wall Toss



# Olympic Lifts

(Strength Skill / Speed / Agility / Co-Ordination / Reactive Strength)

- Clean
- Position 1 - Hip
- Position 2 - Above Knee - Hang
- Progressions:
  1. Jump Shrug from Hip
  2. Jump shrug from Hang
  3. Hang Clean Pull
  4. Hang Power Clean
  5. Hang Clean

# Strength-Skill

(STMC Strength-Skill Continuum)

- Squat:
- Both Legs - Bilateral:
- Level 1 - C. Balance & Prisoner
- Level 2 - RNT Band Plate Ext.
- Level 3 - Goblet
- Level 4 - Pause Front
- Level 5 - Front & Box Squat
- Posterior Chain:
- Both Legs - Bilateral:
- Level 1 - Multiple Hip Bridges
- Level 2 - PVC - RDL & DL
- Level 3 - DB RDL
- Level 4 - BB RDL / Tyre Curls
- Level 5 - BB / TB Deadlift

# Strength-Skill

(STMC Strength-Skill Continuum)

- Squat:
- Single-Leg - Unilateral:
- Level 1 - Split - SL CB Band
- Level 2 - Split Goblet - DB
- Level 3 - RFE Goblet - DB
- Level 4 - BB Split - Lunge
- Level 5 - DB - BB Step-Ups
- Deadlift / Bridge:
- Single-Leg - Unilateral:
- Level 1 - Multiple Hip Bridges
- Level 2 - Wall Reach RDL
- Level 3 - Plate RDL
- Level 4 - Suitcase DB RDL
- Level 5 - DB - BB RDL

# Strength-Skill

(STMC Strength-Skill Continuum)

- Push:

- Horizontal:

- Level 1 - BW Push Up Flow

- Level 2 - Weighted Push Up

- Level 3 - DB & BB Floor Press

- Level 4 - DB Bench / Alt. / Incl.

- Level 5 - BB Bench Press

- Pull:

- Horizontal:

- Level 1 - Inv. Row Bent Knee

- Level 2 - Feet Raised Inv. Row

- Level 3 - SA Row

- Level 4 - T-Bar Row

- Level 5 - Bent Over Row

# Strength-Skill

(STMC Strength-Skill Continuum)

- Push:

- Vertical: Overhead Press
- Level 1 - Kneeling DB - SA
- Level 2 - Standing DB - SA
- Level 3 - BB Military Press
- Level 4 - Push Press
- Level 5 - Split Jerk

- Pull:

- Vertical: Overhead Pull
- Level 1 - Band Pulldown
- Level 2 - Band Assisted Chins
- Level 3 - Ecc. Chins / Lat PD
- Level 4 - BW Chin Ups
- Level 5 - BW Pull Ups

# Recovery

What??	How??
<b>Active Movement</b>	Perform at least 5-minutes of light active movement ,including stretching, straight after a session. Eg: Hamstring walks, cycle, light jog
<b>Refuel</b>	Drink at least 500ml of fluid. Eat a snack that has a good carbohydrate and protein content within 15 minutes. Eg: 500ml milk + Turkey sandwich with a piece of fruit.
<b>Hot / Colds</b>	Alternate 30s hot with 30s cold x 3-5 times
<b>Sleep</b>	Ensure you get at least 8-hours of sleep each night. Avoid caffeine and TV/ Computer / Phone before bed. If you do not get sufficient sleep during the night, take a 15-20 minute power nap during the following day.

# Reap the Benefits!

## 5 Stages

1. Arrive on time, prepared & fresh!
2. Get Set! (M. Release / Mobility / W. Up / Activate)
3. Power Up! (Plyometrics / Olympic Lifts)
4. Move Well & Get Strong! (LB & UB - Push & Pull)
5. Recover! (Move, Eat, Hydrate, Hydrotherapy, Sleep)

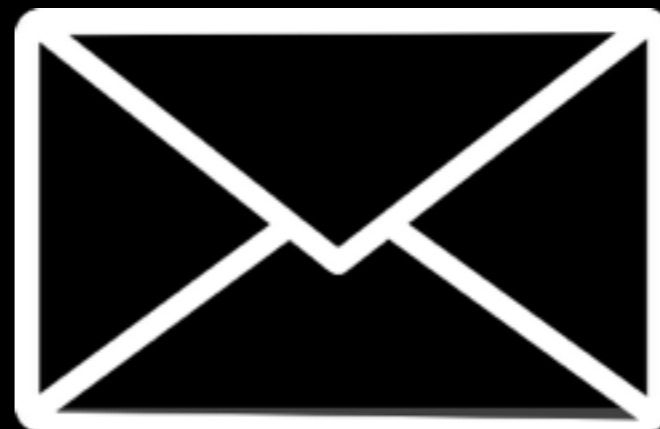
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