



**REBEL
PERFORMANCE**

Remote Youth Sports Performance Program Handbook

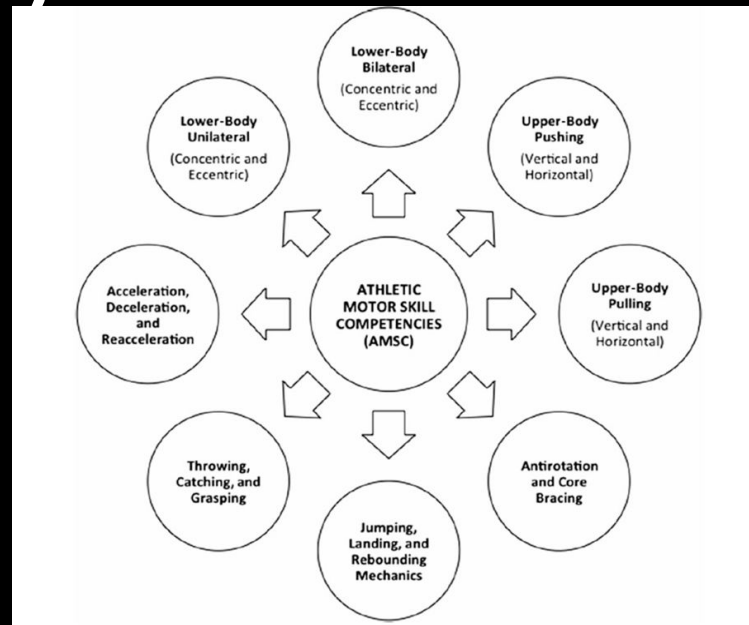


Program Overview

- This 6 month program is designed to “build a base” for young athletes to increase their strength, endurance, explosiveness and overall performance in their sport of play
- This athletic base will be the foundation that all other sport specific movements branch off of
- This program is designed for athletes with less than 2 years of training experience in the weight room
 - Typically 11 years old to 14 years old

Athletic Movement Skill Competencies (AMSCs)

- Programming revolves around 8 core movement skills
 - Lower Body Bilateral Movement
 - Lower Body Unilateral Movement
 - Upper Body Pushing
 - Upper Body Pulling
 - Antirotation and Core Bracing
 - Jumping, Landing and Rebounding Mechanics
 - Throwing, Catching and Grasping
 - Acceleration, Deceleration and Re-acceleration



Athletic Performance Pyramid

- Sport Performance is viewed as a pyramid:
 - **Strength, Endurance, Explosiveness and Stability is our foundation and our athletic base. This is the what this program will build and improve**
 - Sport-Specific training. This takes place during sport practice to work on specific skills that are seen in the sport
 - Sport Performance. Putting these components together to achieve an overall increase in performance of play on the field/court





Athlete Testing

- Testing athletes on this program will be kept simple and effective. We will use 2 key metrics to **track every week**
 - Bodyweight - Whether the athlete needs to begin to build a bigger body frame or cut down on non-functional fat tissues, this will be our indicator of overall body composition change
 - Standing Broad Jump - A simple, effective and valid test for the athlete's lower body power output
- These performance indicators need to be tested every week and will be recorded in a spreadsheet that is provided in a Google folder. All data will be automatically graphed out for a visual representation of results

Athlete Testing -Bodyweight

- Scale - Digital, spring or balance will do. They most likely have one at the gym that you plan on training at, but a few notes on how to get the most accurate and valid test results:
 - Use the same scale every time you test
 - Avoid wearing heavy, loose clothing (hoodies, heavy sweatpants, etc..) and shoes
 - Aim to test bodyweight early in the morning for the most accurate results





Athlete Testing -Broad Jump

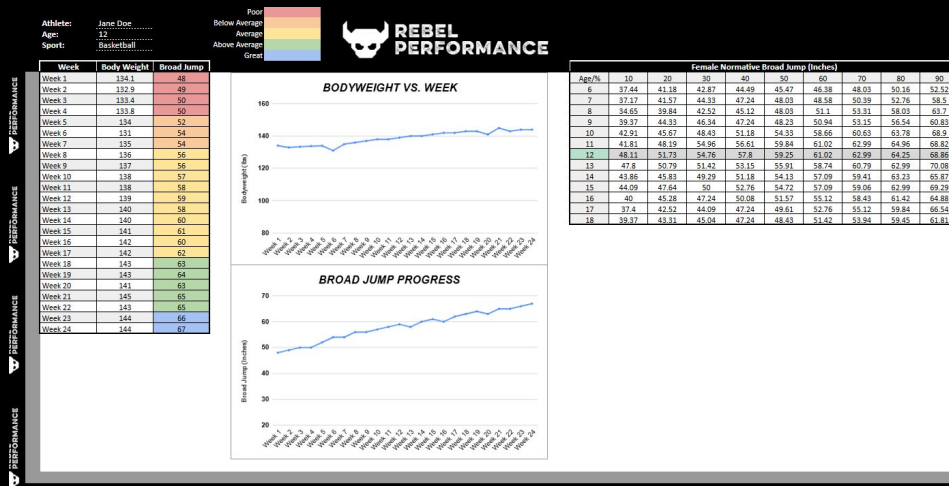
- All you need for this test is a tape measure and some tape to hold it down
- The best of 3 attempts will be recorded to the nearest 0.25 inch
- Make sure you **stick the landing** and do not move your feet to ensure most accurate data





Athlete Testing Sheet

- The athlete testing sheet will be in the Google Folder provided by Coach Spencer
- The athlete name, gender and age will already be inputted in the sheet
- Bodyweight and broad jump test results should be inserted on a weekly basis
- This sheet will automatically generate graphs based on the inputs to track weekly progress
- This sheet will also provide percentile ranking of their broad jump test results based on normative data of their age group
 - Color indicator will show if they are on the lower, average or high end of the test spectrum for their age group

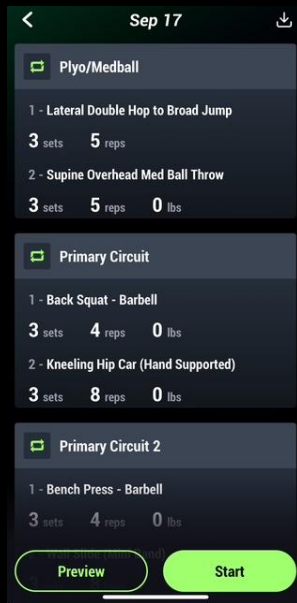




Starting your Training Program

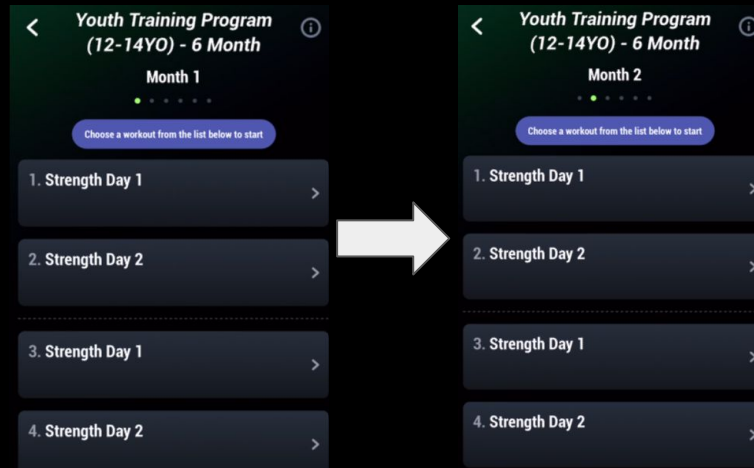
Your strength training program will be delivered right to your phone through an app called “Bridge Athletic” and can be accessed easily in 2 steps:

- After sign-up you will receive an email inviting you to download the app from coach Spencer
- After creating an account, all of your programming will be uploaded to your app



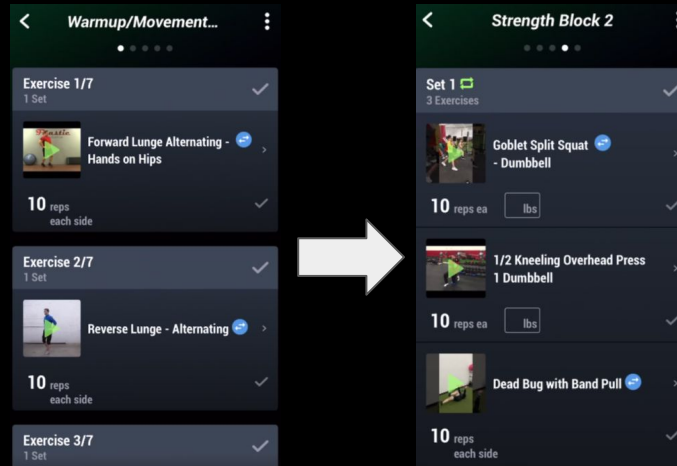
Program Guide - Training Blocks

- Programming will be divided into 4-week “blocks” consisting of 2 workouts per week (8 workouts/month)
- Training Blocks can be scrolled through by swiping left or right



Program Guide - Training Sessions

- Select workouts by tapping on them
- This will bring up the entire workout to preview and start
- Training days are broken down into different circuits:
 - Warmup/Movement Prep
 - Plyometrics & Power
 - Primary Strength Circuit
 - Secondary Strength Circuit
- Circuits can be scrolled through by swiping left and right
- Circuits consist of multiple exercises and should be performed in the following fashion
A B C → A B C → A B C





Program Guide - Workout Circuits

- Warmup/Movement Prep
 - The goal of this circuit is to prepare the body for the upcoming movements and intensity of the training day
 - These movements will target mobility, light jumping/hopping and movements that will mimic the strength exercises that follow
 - Increasing body temperature, blood flow, overall range of motion and preparing the nervous system will be the goal of this circuit
- Plyometrics/Medball
 - The goal of this circuit is to work on explosive jumps, throws and stability through fast, powerful movements
 - These movements will target acceleration, deceleration, and stability
 - These exercises require maximum intensity and stability and will always be done first
 - Proper rest between sets (>45 seconds) is paramount to keeping intensity high during this circuit



Program Guide - Workout Circuits

- Primary and Secondary Strength Circuits
 - These circuits will be the bulk of the strength training portion of the workouts
 - These movements will be done at a slower pace with focus on form
 - This is the bulk of strengthening the athletic movement skills (AMSC) discussed earlier such as lower body strength, upper body pushing and pulling, core bracing, etc..
 - Any weights used should be recorded in the app to monitor progress and intensity



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References

- Thomas E, Petrigna L, Tabacchi G, Teixeira E, Pajaujiene S, Sturm DJ, Sahin FN, Gómez-López M, Pausic J, Paoli A, Alesi M, Bianco A. Percentile values of the standing broad jump in children and adolescents aged 6-18 years old. Eur J Transl Myol. 2020 Jun 17;30(2):9050. doi: 10.4081/ejtm.2019.9050. PMID: 32782766; PMCID: PMC7385687.
- Radnor, John & Moeskops, Sylvia & Morris, Stephanie & Mathews, Thomas & Pullen, Ben & Tumkur Anil Kumar, Nakul & Gould, Zach & Meyers, Robert & Pedley, Jason & Oliver, Jon & Lloyd, Rhodri. (2020). Developing Athletic Motor Skill Competencies in Youth. STRENGTH AND CONDITIONING JOURNAL. 10.1519/SSC.0000000000000602.