



A Few More Exercises To Help Youth Athletes Excel in Sports

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As youth athlete become stronger, we as trainer must progress them to our next level of training. I just completed an 8-week study of a 12-year-old female competitive soccer player and here are a few exercises I used in her program. The requirements of equipment for this level are simple and quite inexpensive. You will need a box of [Theraband](#) or similar material, it's handles and door anchors as well. This all should cost you well under \$50.00.

1. Forward Lunge

1. Assume a split squat stance
2. Place the Band under the forward lunge foot while holding the band in the hands elbows bent to a 90 degree angle
3. Lower the body down in control until the athlete reached a parallel position and return to starting position

Coaches cues: Make sure the athletes keeps the lunge foot heel down. Make sure they fire the glutes and keep the abs tight. You want this exercise to not have the lunge knee wobbling; you want the knees to line up straight with the toes as well.

1. Lateral Lunge

1. Assume a lateral split lateral stance
2. Place the Band under the lateral lunge foot while holding the band in the hands elbows bent to a 90 degree angle
3. Lower the body down in control in a lateral lunge until the athlete reached a parallel position and return to starting position

Coaches cues: Make sure the athletes keeps the lunge foot heel down. Make sure the opposite leg remains straight during the lateral lunge. Make sure they fire the glutes and keep the abs tight. You want this exercise to not have the lunge knee wobbling; you want the knees to line up straight with the toes as well.

1. Hip Adduction

1. Assume a side lying position, knees bent
2. Place some a band just above the knees and secure it tightly with a good knot.
3. Have the athlete adduct the hip about 6-8 inches and slowly return to starting position.

Coaches cues: Make sure the athlete doesn't try to execute this exercise to fast. We are striving for time under tension instead of speed. Make sure they fire the glutes and keep the abs tight.

1. Shoulder Circuit

1. Kneeling Shoulder press
2. Kneeling lateral raises
3. Kneeling 45 degree frontal raises (Scaption)
4. Kneeling internal Rotation
5. Kneeling external Rotation

Coaches cues: Make sure the athlete doesn't try to move to fast during these exercises. We want a nice tempo here 3/2/2