

# U11 to U12 Strength and Conditioning Program



## November

### TOPIC

### Beginner Footwork

### Key Points

**Keep Feet Close and Within 'Optimal Box':**

See video for 'Optimal Box' reference.  
Feet should stay under hips or within ½ yard of the body.

**Keep Knees 'Bouncing':**

Keep athletes on the balls of their feet and knees in slightly bent position at all times.

**Stay on Balls of Feet:**

Footwork should be done on balls of feet to allow for quick movements and change in directions

### Exercises

**8-Step Ladder**

Ensure proper technique for each footwork sequence. Keep the key points in mind when correcting the athletes. Spend more time on correcting key points than technique of the variations of the footwork. Perform each pattern 4-6x  
*See list of footwork below.*

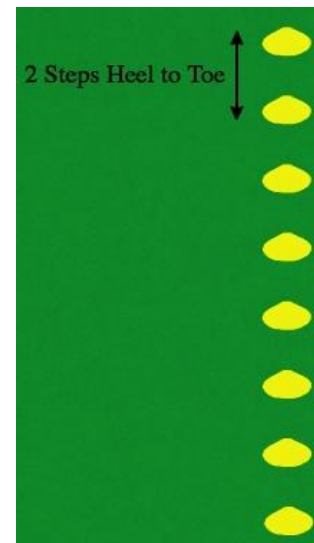
**T-Ladder:**

Athletes will go through the ladder and side shuffle to the left or right once they hit the last cone. Ensure the side shuffle is performed low and feet are hip width apart on movement. Perform each pattern 4-6x.  
*See list of footwork below.*

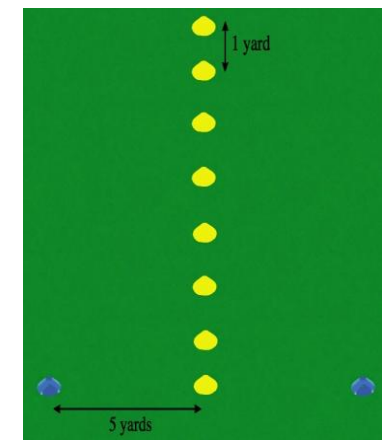
**Footwork:**

- Single foot in between each cone
- Two feet in between each cone
- Icky Shuffle
- Sideways (facing one way then the other)
- Sideways Scissor
- Two forward one back
- River Dance
- Carioca

8-Step Ladder Set Up



T-Ladder Set Up



2015/16

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