YOUTH PERFORMANCE HISTORY, PROGRAM, METHODOLOGY

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YOUTH PERFORMANCE PROMO VIDEO
PERSONAL BACKGROUND AND HISTORY

- Emporia State University: Teaching and Coaching
- Postal Training Center: Internship, Norman, OK
- Graduate School at OU: MS in 2001
- NRHS Health Club: 1999-2017
- Started Training Kids in 2004: Fit Kids, Camps, and Athletic Performance
- Opened Youth Performance in 2011
- 3 Different Locations: 1500 Square Feet to 5400 Square Feet
- Full Time Business: Performance Fitness and Youth Performance: 2017 – Present
LONG TERM ATHLETIC DEVELOPMENT (LTAD)

NSCA Position Statement (June 2016)

Terminology

• Athleticism: The ability to perform a range of movements with precision and confidence in a variety of environments, which require competent levels of motor skills, strength, power, speed, agility, balance, coordination, and endurance.

• Youth (young athletes): Children – Up to 11 years for girls and 13 for boys, adolescents – girls 12-18 and boys 14-18.

• Growth: Most significant biological activity during the first two decades with increase to size of specific body parts or body as a whole.

• Maturation: Progress towards a mature state, which varies in timing, tempo and magnitude.

• LTAD: The habitual development of “athleticism” over time to improve health and fitness, enhance physical performance, reduce the chance of injury, and develop the confidence and competence of all youth.
10 PILLARS OF LTAD

- The health and well-being of all kids is the central tenet of LTAD.
- Development of fundamental motor skills and muscle strength are paramount to successful participation in sport, physical education, and physical activity.
- Kids should be routinely provided opportunity to develop health-fitness and skills-fitness capacities across childhood and adolescence.
- Kids do not grow at the same rate and growth is not a linear progression.
- All kids deserve an opportunity to play, be active, and participate in sport at every age and ability.
- Kids should be exposed to a variety of sports, games, and physical activities (play, chores, etc.).
- While focusing on positive sports and physical activity it is important to remember proper injury prevention protocols and practices for youth.
- Testing is only a snapshot of performance on that given day so must be used prudently when determining ability. Testing should reflect overall abilities.
- All kids should be introduced to strength & conditioning, which can be integrated into sports practice/personal training, so that they develop positive healthy habits, learn to enjoy strength & conditioning, and get in shape to play not vice versa.
- Coaches/Trainers need to understand pediatric principles of youth growth and development, including pedagogical instruction, in order to best serve youth.
YOUTH PERFORMANCE

- 8-18 Years of Age plus College Athletes
- All Types of Training Ages (Levels) for Fitness and Performance
- Focusing on all Sports and Fitness Training
- Current Facility: 5400 Square Feet
  - 33 Yards of Turf
  - Power Lift, Matrix, DB’s, KB’s, Free Weights
  - Cardio: Matrix Treadmills and Stepmill, Bikes and Rowers
CONSIDERATIONS FOR PROGRAM DEVELOPMENT

• Youth Performance History
  • Facility Growth
  • Athlete/Youth Development
  • Personal (coaching) Development
• Multi-Sport Athlete
• Year-Round Athlete
• Multi-Sport and Year Round
• IN-Season Athlete and Training Intensity
• Training Age and Chronological Age
• Personal Goals For Training
  • Build Confidence
  • Personal Growth and Development
  • Excel individually and contribute to team success
  • College scholarships and preparedness
  • Lifelong fitness
YOUTH PERFORMANCE TRAINING PHILOSOPHY

- Incorporating Long Term Athletic Development (LTAD) into Training Principles
  - Learn to Train: General Fitness
  - Train to Train: Off-Season
  - Train to Compete and Excel: Split Routine
  - Train to Win: Advanced Training
  - In-Season Recovery
GENERAL FITNESS: LEARN TO TRAIN

- LTAD (Males 9-12 and Females 8-11)
  - Basic Sport Skills and Motor Skill Development (FUNdamentals)
  - Low to moderate structure and focus on technical competency
  - Maintain multiple sports (three or more) plus unstructured play
  - Balance practice time and actual game time: 2 – 3 practices per game

Youth Performance Incorporation

- 4 Stations (BW, Motor Skills, MB, DB, KB, TRX, Battle Rope): 36 sets
  - No periodization (well structured) to Single or Double Periodization
  - Integrated Mental, Cognitive, and Emotional Development
  - Learn proper bodyweight training: push-ups, bodyweight squats, pull-ups, crunches, and external resistance with medicine balls and stability balls
GENERAL FITNESS: LEARN TO TRAIN

Workout 1
Jump Rope 3x25
Sprint 3x100
Yellow Sled 3x20
TRX Squat Jump 3x5

KB Squat Press 3x10
Push Ups 3x10
Battle Rope Waves 3x20

TRX Rows 3x10
DB Row 3x10
AB Toss 3x10

W-Drill 4x2
Banana Hurdle 4x20
Ladder Drills 4x2
OFF SEASON: TRAIN TO TRAIN

- LTAD (Males 12-16 and Females 11-15)
  - Major Fitness Development with Aerobic and Strength
  - Skill, Speed, and Strength
  - Focus may shift to 2 sports

Youth Performance Incorporation

- 4-5 Stations (Plate Loaded, Free Weights, S&A Circuit) 36-40 sets
  - Free Weights with Single or Double Periodization
  - Incorporation of Super, Compound, and Complex Sets
  - Alternated Weekly with volume changes with Reps
  - Higher level of intensity, movements, and planes of motion expected
## OFF SEASON: TRAIN TO TRAIN

### Workout #1

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow Sled</td>
<td>3</td>
<td>25</td>
</tr>
<tr>
<td>LM Squat Press</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Box Jumps</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Red Push</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Pull Ups</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>TRX Rows</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>Reverse Lunge</td>
<td>3</td>
<td>10 Total</td>
</tr>
<tr>
<td>TRX Single Leg</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Leg Curl</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>T Bar Row</td>
<td>3</td>
<td>8</td>
</tr>
<tr>
<td>DB Front Raise</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>AB Toss</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td>Dead Bug Pallof Press</td>
<td>2</td>
<td>10 (knee movements)</td>
</tr>
<tr>
<td>Tricep Ext Rope</td>
<td>2</td>
<td>12</td>
</tr>
<tr>
<td>Speed and Agility #3</td>
<td></td>
<td>#3</td>
</tr>
</tbody>
</table>

LM can be incorporated
SPLIT ROUTINE: TRAIN TO COMPETE AND EXCEL

- LTAD (Males 16-23 and Females 15-21)
  - Participate in highly structured activities with the focus shifting to performance
  - Start specializing in one sport
  - Begin training year-round and at a high level of intensity with proper progressions and adequate rest
  - Develop strengths and decrease weaknesses
  - Develop high level competition by modeling high level practices

Youth Performance Incorporation

- 4-5 Stations 40 Plus Sets with a Higher Intensity Failure/Drop Set
  - Split Routine changing muscle groups weekly
  - Monthly Periodization
  - More difficult stations: Higher volume on specific muscle groups
  - Incorporation of advanced movements
SPLIT ROUTINE: TRAIN TO COMPETE AND EXCEL

**Chest/Shoulders/Triceps**

Warm Up #1
- Bench Press: 4x5
- SB Inverted Press: 4x10
- DB Incline Press: 4x5
- FT Rear Delt: 4x8
- LM 10-5-5: 4
- DB Shoulder Circuit: 4x5
- Close Grip Bench: 4x12
- Hanging Knee Raise: 3x12
- FT Kneeling AB Strap: 3x10
- TRX Tricep: 3x12
- Tricep Rope Single: 3x10
- Red Push Drop Set: 3-3-2-2-2

**Legs/Back/Biceps**

Warm Up #6
- Walking Lunges: 3x15 Yards
- Squats: 3x8
- Waiters Walk: 3x50 Yards
- TRX Squat Jumps: 3x5
- Lateral Lunges: 4x6 Each
- Bent Over Row: 4x8
- Single Leg Pistol: 4x8
- Deadlift: 4x6
- Pull Ups: 4x8
- One Arm DB Row: 4x6
- EZ Bar Curl: 4x10

**Sled Drop Set**
- 4x25

Mini Band Finisher 2 sets x10 Each (Monster Walks, Pulse Squats, Hip Extension) Band above knees

Stretch and/or Foam Roll after Completing Workout
ADVANCED PROGRAM: TRAIN TO WIN

LTAD ( Males 19 + and Females 18 +)

• Could be competing at the highest level of competition, professional, and/or international level
• Very skilled athletes and very high dedication
• These athletes are working with highly qualified coaches
• Training is highly specialized with periodization making sure the athlete is getting proper training, recovery, tapering, and peaking at perfect time

Youth Performance Incorporation

• College strength coach expectations
• Review college program and prepare athlete for training
• Maintain split routine plus additional lifts
• Add third day of training to enhance performance
ADVANCED PROGRAM: TRAIN TO WIN

Training to be incorporated
• Olympic Lifts and Progressions (In addition to)
  • Front Squat
  • RDL
  • Bent Over Row
  • Power Shrugs
  • Jump Shrugs

• Eccentric Training (NSCA Articles)
  • Increases in strength and hypertrophy
  • Greater Force Output
  • 4 Main Categories (2/1, Supramax, Two-Movement, Superslow)
  • Readiness of Athlete

• Cluster Training
  • Increased Peak Power and Bar Velocity
  • Power Shrugs, Cleans, Snatch: 5 Rep Set: Total Power Decrease
  • 1 and 2 Rep Clusters/Rest: 2x2x2 X 3 – 30 sec rest /2 Minutes
  • Readiness of Athlete

• Fitness Challenges
  • Treadyne Farmer
  • Sled Drop Set
IN-SEASON RECOVERY

Youth Performance Incorporation

- Consistency
- Maintenance
- Incorporated more during high school season
- Club season: Weekend competitions and tournaments
- Training age/Fitness level of individual
## IN SEASON RECOVERY

### Workout 1

<table>
<thead>
<tr>
<th>Warm-Up #2</th>
<th>2x8 Each</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goblet Squat</td>
<td>3x10</td>
</tr>
<tr>
<td>KB Deadlift</td>
<td>3x10</td>
</tr>
<tr>
<td>Mini Band</td>
<td></td>
</tr>
<tr>
<td>Lateral Steps and Monster Walks</td>
<td></td>
</tr>
<tr>
<td>Red Push</td>
<td>3x10</td>
</tr>
<tr>
<td>Jammer Rotation</td>
<td>3x6 Each</td>
</tr>
<tr>
<td>Band Pull Apart</td>
<td>2x8</td>
</tr>
<tr>
<td>Glute Hypers</td>
<td>3x10</td>
</tr>
<tr>
<td>FT Face Pull</td>
<td>3x8</td>
</tr>
<tr>
<td>Strength Band</td>
<td>2x8 Each</td>
</tr>
<tr>
<td>Abduction</td>
<td></td>
</tr>
</tbody>
</table>

### Core Circuit

<table>
<thead>
<tr>
<th># 3</th>
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</thead>
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SPEED AND AGILITY EXAMPLE

Warm-Up

A Skip
Power Skip
Single Leg Hops

Station 1
Wall Knee Drive x5
Sled Knee Drive 20 Yards x4

Station 2
Continuous Broad Jump x 4x3
Split Squat Jump TRX 4x 3 each leg
Box/Single Leg Knee Drive

Station 3
Deceleration and Change of Direction Drills
Hurdle/Cone Single Leg Stick 3x3 Each Side
Sprint/Deceleration: Reaction to Whistle x3
3 Cone 5/5/10
Hurdle Jumps/Sprint 4x3 20 Yards

Station 4
Whistle Drills 1 and 2 whistle responses
Sprint Backpedal
Shuffle
Box Jump Agility Drills : Deceleration and Acceleration

Sprints 20 Yards: Record Times
## WARM UP PROTOCOLS

### Warm-Up #2
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength Band Overhead Pull Apart</td>
<td>2x10</td>
</tr>
<tr>
<td>Mini-Band Wall Reaches</td>
<td>2x5</td>
</tr>
<tr>
<td>Strength Band Pull Apart/Chest Level</td>
<td>2x10</td>
</tr>
</tbody>
</table>

### Warm-Up #3
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prone Shoulder Taps</td>
<td>2x5</td>
</tr>
<tr>
<td>Down Dog Toe Touches</td>
<td>2x5</td>
</tr>
<tr>
<td>T Spine Reach and Rotate</td>
<td>2x5</td>
</tr>
</tbody>
</table>

### Warm-Up #5
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mini Band Lateral Steps</td>
<td>10 Each Leg – Band around ankles/Knees</td>
</tr>
<tr>
<td>Mini Band Hip Abduction</td>
<td>10 Each Leg – Ankles/Knees</td>
</tr>
<tr>
<td>Mini Band Hip Extension</td>
<td>10 Each Leg – Ankles/Knees</td>
</tr>
</tbody>
</table>

### Warm-Up #6
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRX Deep Squats</td>
<td>15</td>
</tr>
<tr>
<td>Walking Knee Hug</td>
<td>15 Yards</td>
</tr>
<tr>
<td>Inch Worm</td>
<td>15 Yards</td>
</tr>
</tbody>
</table>
TRAINING TO THE CLASSROOM

Total Body Conditioning Variables

- Limited Space
- Time Constraints
- Multiple Kids/Athletes
- Demo Exercises that require Full Body Movements
- Exercises that require both individuals to be involved
- Minimal Cost: $100 Per Buddy System and Medicine Ball
- Maximize Training Session
GOALS AND OBJECTIVES

▪ Create new experiences and challenges for kids (Sport Specific or Daily Activities).
▪ Provide Physical Educators with new ideas

BOTTOM LINE:

▪ Create fun, challenging, and rewarding programs!
▪ Take ideas learned today and apply them next week!
▪ Overall Goal: Keep individual in the game: Keep the Kids Fit and Active
LEBERT BUDDY SYSTEM

UPPER BODY

▪ Chest Press
▪ Rows (Anchor)
▪ Rows: Partner
▪ Single Arm Rows: Yellow Handles
▪ Rear Deltoid Flys (2nd person: Core Stabilization)
▪ Swimmers
▪ Overhead Press: Anchor Behind Them
▪ Bicep Curl
▪ Bicep/Tricep Combo
LEBERT BUDDY SYSTEM

LOWER BODY/TOTAL BODY/CORE

- Yellow and black handles each person – partner rotations
- Partner upward chops: one person standing and one kneeling
- Both partner standing – downward chops involve legs
- One person performing rows with the second person with black handle performing squats and press keeping black handle in front of them
- Squats with Rows/Partner with Anchor
- Isometric Holds: Sagital and Frontal Plane: Partner Performing Rows
- Resisted Sprints
DYNAMAX BALL

- Med Ball Walks
- MB Slams and Ax Chops
- Log Throws Plus Arm Slams
- Tuck Jumps with Chest Pass
- Log Throws with Punches
- Partner Rotational Toss Variations
- AB Toss with Punches
- Donkey Kicks
- Frontal and Transverse Plane ABS
DYNAMAX BALL: FOCUS ON CORE

Core (Dynamax)

▪ Sit-up Throws
▪ Sit-up Throw (single leg hamstring)
▪ Sit–up Throw with Knee Punch

AB Wheel and Mega Wheel

▪ Sit-Up Throws (repeat every three reps)
▪ Shoulder Thrusts (Left and Right Arm)
▪ Rotational Throws (Left and Ride Side)
▪ Isometric Chest
▪ Isometric Overhead
▪ Behind the Head Toss
▪ Backward Diagonal Toss
CONTACT INFORMATION

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