



Strength & Conditioning 5W's + How.

1. Why

1. Be as fit as possible
2. Minimize risk of injury
3. Return to play faster
4. Be a role model for younger players' athletic development

2. What

1. Planned method of addressing the needs of the sport and the needs of the athlete at the highest level (periodization)
2. Short-term plan to reach current sports goals
 1. Motor Skills- competence and confidence to run throw, catch, bend, land, balance, stop, etc.
 2. Speed - running fast as often as possible
 3. Strength - push, pull, lift appropriate weight to get stronger
 4. Endurance - move at pace for sport-specific periods of time
 5. Power - move with quick bursts of energy / explosively
 6. Flexibility - stretch the muscles when resting
 7. Agility - quick sport-specific lateral & diagonal movements through space and in game scenarios
 8. Balance - being stable on many surfaces and or single arm / leg use.
3. Applying science to maximize the sports experience
 1. General energy system training (with oxygen- aerobic and without oxygen- anaerobic) starting to focus more on the energy system of the sport
 2. Training motor skills used and including others that need to be trained. Identifying and reducing any deficiencies
 3. Injury risk and prevention plan- what are the injury risks of the sport and of your child? Are there recurring injuries?
 4. Age in years vs age of development (may be a 2-5-year difference!) and how training is affected



5. Improving appropriate technique and gradually adding moderate weight to a wide variety of exercises
- 6.
4. Extending amount of time to continue to play at elite level
3. Who
 1. Strength and conditioning is critical to performing at the highest level
 2. Qualified strength coach is not the same as qualified sport coach
 3. Athletes at every level need a proper balance of play, fitness, and sports
 4. Part of the holistic team with coaches, trainers, parents, and athletes
 5. Be wary of doing it yourself or having friends or neighbors try it, unless you or they are nationally certified by an accredited organization
4. When
 1. Needs to be carefully balanced with elite sports participation and other activities (other teams of the same or different sport, personal training, position coaching, hitting coach, or any other sport or activity that increases the amount of work done per day/week/season, etc.)
 2. As the season approaches, strength and conditioning has less total work but more intense work
 3. In season training should include training to continue to get better
 4. Should never be used as punishment (no laps, no pushups, or other exercises as punishment)
 5. Should be part of young athlete's experience at least 8 weeks before sports season begins. If playing multiple sports per season or multiple season, careful consideration for timing of kids'
5. Where
 1. Fitness center is not always needed (or recommended for younger athletes)
 2. Can be separate scheduled event or integrated into practice



3. Throughout systematic annual training plan but more evident in the off-season when there is more time to train
6. How
1. Use Coach Checklist to ensure qualified, child-centered coach for each level (New, Returning, High Performance)
 2. Ask for Coach philosophy at this level
 3. Ask for sample session plans for your child and what has been done in the past
 4. Be sure to identify all sports and activities in which your aspiring athlete participates to get the best possible plan
 5. If you have questions about the plan as it progresses, take the time to ask your child and ask the coach (but separately so you don't create conflict on the field, in the gym, etc.).