



Phase I - Beginner Program In-Season



Phase I is designed to create the foundational strength and movement patterns needed for current and future athletic development and performance. This program serves as an excellent entry point for coaches and athletes with minimal to moderate performance training experience. Mastery of these foundational exercises is critical as our Intermediate, Advanced and High Performance programs expanded on these building blocks.

Phase I Pre-practice

During the warm-up we are looking to prepare the body for work, but more important for the young athlete, we're trying to engrain fundamental movement patterns. The following is a comprehensive total body warm-up that can be completed in about 10 -12 minutes. It is important to sequence the warm-up in a progressive manner.

Ground series (10 repetitions each exercise with a 1 count pause)

1. Straight leg raise / active hamstring stretch
2. Double leg bridge
3. Side leg raise
4. Quadruped (all 4's) straight kick back
5. Push-ups

Standing series (10 repetitions each exercise with a 1 count pause)

1. Body weight squat - stop just above 90 degrees
2. Walk lunges
3. CP External and Internal rotation @ 0 degrees
4. CP I's (extensions)
5. CP T's (reverse flys)
6. CP W's (external rotation at 90 degrees)
7. CP Y's (touchdowns)

These 12 exercises provide a phenomenal dynamic warm-up while promoting key developmental movement patterns. Proper execution of these exercises is essential for maximum benefit. The Cuff Performance Training DVD provides a detailed description of these exercises developed by the directors of sports performance and physical therapy at the world renowned Steadman Hawkins Clinic. Once Phase I is mastered by the coach and athlete, progression to Phase II and more complex movement patterns is indicated. It will likely take a team one full spring or summer season prior to moving to the next phase.