



THUNDER U13 GIRLS

PLAYER DEVELOPMENT PROGRAM

July – November 2026 Season

Strength • Conditioning • Skills • Workout Tracker

PLAYER NAME: _____



THUNDER U13 GIRLS — 20-MIN DAILY STRENGTH ROUTINE

4 Blocks • 5 Minutes Each • Bodyweight Only

Scan the QR code next to any move for an illustrated how-to guide.

BLOCK 1: WARM-UP (5 MIN)

Raise HR • Activate joints

High Knees / Butt Kicks (1m)

Dynamic jog in place, alternating.



Lateral Shuffles (1m)

Low athletic shuffle, touch ground every 5yds.



Walking Lunges + Twist (1.5m)

Step forward, drop back knee, gentle torso twist.



World's Greatest Stretch (1.5m)

Deep lunge, elbow to instep, reach arm up.



BLOCK 2: LEG POWER (5 MIN)

Explosive strength • ACL prevention

Squat to Calf Raise (1.5m)

Control descent, explode up onto tiptoes.



Reverse Lunges (1.5m)

Step back safely, alternate legs, keep chest tall.



Skater Hops (2m)

Lateral side-to-side bounds, soft single-leg landings.



BLOCK 3: CORE STABILITY (5 MIN)

Posture • Shielding • Balance

Plank Shoulder Taps (2m)

Forearm or high plank, minimize hip rotation.



Dead Bugs (2m)

Opposite arm/leg lower, keep lower back flat on floor.



V-Hold (1m)

Balance on tailbone, hold "V" or hollow-body position.



BLOCK 4: UPPER BODY (5 MIN)

Sprint arm drive • Shielding strength

Push-Ups (2m)

Standard or knee. Chest to floor, elbows at 45°.



Floor Tricep Dips (1.5m)

Hips elevated, bend and press through elbows.



Superman Hold (1.5m)

Face down, lift arms & legs together, squeeze glutes and back.



Coaching Tip: 45 seconds work / 15 seconds rest per exercise. Prioritize perfect form over speed!



THUNDER U13 GIRLS — WORKOUT TRACKER

July – November 2026 • 20-Min Daily Strength Routine

Check off every day you complete your home workout!

PLAYER NAME: _____

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			☐	☐	☐	☐
5	6	7	8	9	10	11
☐	☐	☐	☐	☐	☐	☐
12	13	14	15	16	17	18
☐	☐	☐	☐	☐	☐	☐
19	20	21	22	23	24	25
☐	☐	☐	☐	☐	☐	☐
26	27	28	29	30	31	
☐	☐	☐	☐	☐	☐	

Goal: check off as many days as possible — consistency beats intensity!

This Month's Workouts Completed: _____ / _____



THUNDER U13 GIRLS — WORKOUT TRACKER

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PLAYER NAME: _____

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1 ☐
2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐	8 ☐
9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐	15 ☐
16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐	22 ☐
23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐	29 ☐
30 ☐	31 ☐					

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This Month's Workouts Completed: _____ / _____



THUNDER U13 GIRLS — WORKOUT TRACKER

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SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		☐	☐	☐	☐	☐
6	7	8	9	10	11	12
☐	☐	☐	☐	☐	☐	☐
13	14	15	16	17	18	19
☐	☐	☐	☐	☐	☐	☐
20	21	22	23	24	25	26
☐	☐	☐	☐	☐	☐	☐
27	28	29	30			
☐	☐	☐	☐			

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PLAYER NAME: _____

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				☐	☐	☐
4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐
11	12	13	14	15	16	17
☐	☐	☐	☐	☐	☐	☐
18	19	20	21	22	23	24
☐	☐	☐	☐	☐	☐	☐
25	26	27	28	29	30	31
☐	☐	☐	☐	☐	☐	☐

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PLAYER NAME: _____

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐
8 ☐	9 ☐	10 ☐	11 ☐	12 ☐	13 ☐	14 ☐
15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐	21 ☐
22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐
29 ☐	30 ☐					

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