



Resources for youth/beginner athletes to training

It is important for youth athletes (particularly in the Learning to Train or earlier phase) to move well and move often. The earlier stages of the [LTAD](#) model are for increasing physical literacy.

Physical Literacy -the ability for your athlete to be able to have an awareness of their body and what it can do. The ability for your athlete to learn new concepts based on prior experiences (built up through multiple activities and sports).

The importance of **multi-sport** (or multi-activity/hobby) in producing powerhouse athletes [Link](#)

- Increase physical literacy
- Increase movements body excels at, to decrease movement and body inefficiencies
- Stay mentally and physically fresh when sports are seasonal in development stages
- Many lessons learned in sports can be transferred across sports.

[Canadian 24-Hour Movement Guidelines](#)

[Canada's Food Guide](#)

The basic movements your curling athletes should be able to do well:

- Squat
- Standing Broad Jump
- Hinge
- Lunge
- Step up
- Pushup
- Pullup
- Carry
- Single leg skipping
- Run 1km with no pain, without training

If an athlete in the Learning to Train or earlier stage shows interest in a focused resistance or conditioning program, they can focus on the movements listed above. Having fun in a gym setting is the most important focus for this age group. Athletes can focus their attention on mastering the basics, with rep ranges of 8-12. They can complete 1-3 sets with 30-90 seconds rest in between for a total of 20-45 minutes. Working on a variety of exercises.