

ACL prevention

Warm-up:

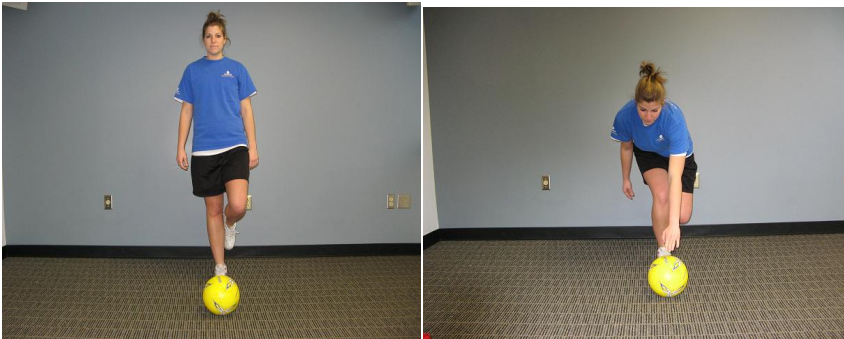
- Forward/backward jogging
- Side shuffling
- Skipping
- Cutting drills
- Jumping

Stretching:

- Calf
- Quad
- Hamstring
- Hip flexor

Agility:

Single Leg Touches



While standing on one leg with ball on the ground in front of you, slowly reach down with one hand and touch the ball, then perform using other hand. Repeat 10 times on each side. Do not allow balance knee to fall in towards mid line of body- keep knee in a slightly bent position

Single leg soccer ball juggling



Stand on one leg and balance while performing soccer kicks with the other or dribbling basketball while balancing. Perform 1-2 minutes each leg. Do not allow balance knee to fall in towards mid line of body- keep knee in a slightly bent position

Squat jumps with hold (focus on knee placement)



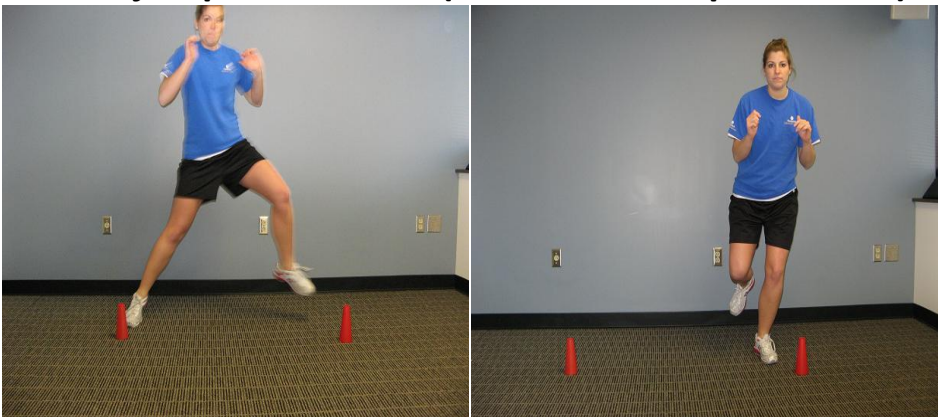
Stand on ground with feet approximately shoulder width-perform a quick squat and then explode into a jump- hold the landing for a 2 count Perform 20 times. When landing make sure to land softly on balls of feet keeping knees slightly bent and pointing straight forward- No landing on heels with knees straight!!

Tuck jumps



Stand on ground with feet approximately shoulder width apart- jump into air while bringing knees up toward chest and hitting knees with hands- Be sure to land softly on balls of feet with knees slightly bent- try to bring thighs parallel to ground. Perform 10 times. Off balance landings- should land on balls of feet with knees slightly bent and pointing forward

Lateral jumps with hold (focus on knee placement)



Stand with feet slightly apart- Push off ground with plant leg while moving in a sideways direction landing on opposite foot- hold 2 seconds- repeat with other leg. Perform 10 times each leg. Explosion at take off with plant leg making sure knee does not fall in to midline of body and on landing make sure knee stays in a forward direction with a slight bend

Strength (3x's/week 10-15 repetitions 1-3 sets):

Side Plank with Abduction



(Modified)



(Advanced)

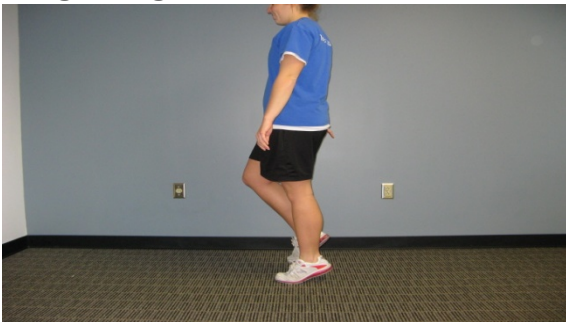
Start in a traditional side plank position. Come up onto your elbow and lift your top leg. Hips should remain level and chest up.

Russian hamstring curl



Start on knees with arms crossed resting on chest and your partner holding your feet. Keeping your body straight, slowly lower self towards floor and return to upright position. Repeat 20 times. Make sure your core is tight and your back is not arched.

Single leg calf raises



Stand on one foot and slowly raise up on to toe and then back down. Repeat 10 times each side.

Walking Lunges with Rotation



Lunge forward and drop your hips straight down to the ground, bending both the front and back knee. With your arms straight out, rotate your trunk and head to the right and return to starting position. Then rotate to the left. Do not let your front knee buckle inward or move past your toes.

Forward Step Downs



Standing on a step (4", 6", or 8") place your hands on your hips. Step forward and have your heel gently tap the floor. then straighten your step leg. Maintain level hips and straight back. Do not let knee buckle inward Repeat on opposite side.

Planks



On your stomach, come up to your elbows. Lift your hips off the floor and draw your bellybutton in to maintain a tight core. Your body should form a straight line. Back should not arch and hips should not sag.

Single leg squats



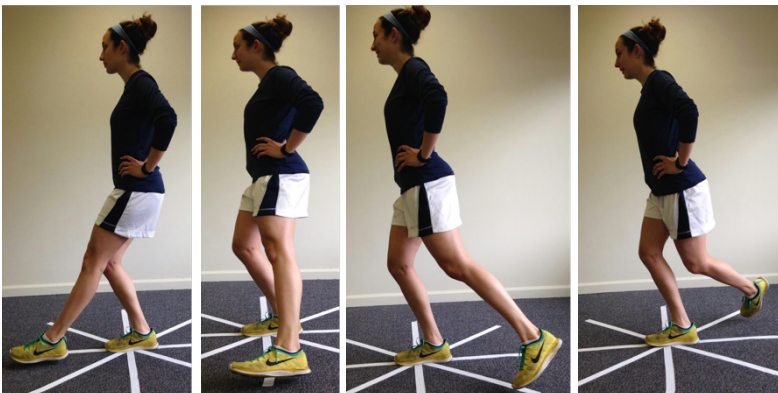
Starting in a single leg stance, maintain a tight core and drop hips straight down. Make sure knee does not move past your toes and that it does not buckle inward.

Single leg glute bridges



Lying on your back, bend your knees, making sure to keep them level. Straighten out one knee and push off your heel, lifting your hips off the floor. Return to starting position. Perform on opposite leg.

Vector Touch



Balance on one leg with your knee slightly bent. With your opposite leg reach out in front, out to the side, back on the angle and cross behind the leg. Hold each position for 3 seconds. Maintain level hips, flat back, head and chest up.

Plyometrics *(Perform for 30 seconds)*

Lateral Hops over Cones

Place a 2'' cone to your left and hop over it, making sure to land softly on the balls of your feet and bending your knee. Avoid letting the knees buckle inward. Repeat on the right side.

Progression: single leg hop.

Forward/Backward Hops over Cone

Standing with the 2'' cone in front of you, hop over the cone making sure to land on the balls of your feet with your knees slightly bent. Now hop backwards with the same technique. Progression: single leg hop.

Scissor Jumps

Standing in a split stance with your right leg forward, and knee in line with ankle. Push off your right foot and swing the left leg forward. Land on the ball of your foot with a slightly bent knee. Make sure knee does not buckle inward.

Running *(3 x's a week)*

Forward Run w/ 3 Step Deceleration *Starting at one cone, sprint forward. As you begin to approach the second cone use a quick 3 step to decelerate. Continue this for 1 minute. Do not let knees go past the toes or let the knees buckle inward. (6 cones total)*

Plant and Cut *Jog five steps forward then plant with your right and change direction to the left and accelerate.*

Continue another 5-7 steps (80-90% speed) before decelerating and planting on the left foot and changing direction to the right for a total of 6 times. Perform the exercise twice.

Bounding Run *Take 6-8 bounding steps with a high knee and jog. With each bound try to lift the knee as high as possible and swing opposite arm across the body. Do not let knee buckle inward, and maintain an upright torso.*

Lateral Diagonal Run Facing forward, run laterally to the the right. stopping at the cone. Pivot off the right foot and laterally run to the left. Continue to alternate making sure that the hips and knees remain slightly bent and in line with the ankle. Avoid letting the knee move inward. Perform a total of 6 times.

Quick Forward and Backward With an upright body, run quickly to the second cone and transition to running backwards to the first cone. Maintain a slightly flexed hip and knees and keep them inline with your feet. Repeat until course is completed. (6 cones total)