



ANKLE CIRCLES

Move your ankle in a circular pattern one direction for several repetitions and then reverse the direction. Video # VV8255M9P

Repeat 10 Times

Complete 3 Sets



SINGLE LEG STANCE - FORWARD SLS

Stand on one leg and maintain your balance.

Next, hold your leg out in front of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VVT7FXB8Y

Repeat 10 Times

Complete 3 Sets



SINGLE LEG STANCE - LATERAL SLS

Stand on one leg and maintain your balance.

Next, hold your leg out to the side of your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VVMHVNKA

Repeat 10 Times

Complete 3 Sets



SINGLE LEG STANCE - RETRO SLS

Stand on one leg and maintain your balance.

Next, hold your leg out behind your body.

Then return to original position.

Maintain a slightly bent knee on the stance side. Video # VV9W9GST6

Repeat 10 Times

Complete 3 Sets



ECCENTRIC HEEL RAISES

(1) While standing, raise up on your toes (2) as you lift your heels off the ground.

(3) Next, bend the non-target leg.

Then, (4) lower your heel back down. Video # VVFF5PV22

Repeat 10 Times

Hold 1 Second

Complete 3 Sets



Single leg lateral hop

1. Start standing on one leg (i.e. right)

2. Hop towards the side (right if right foot, left if left foot)

3. Focus on a gentle, quiet landing with good hip and knee alignment. Want knee to be behind toes and knee to be centered over the foot and not sweeping inward or outward.

4. Regain knee control before going into next hop. Holding for an extra 1-2 seconds in a mini one leg squat can sometimes be necessary to gain good knee control before going into the next hop

Repeat 10 Times

Complete 3 Sets

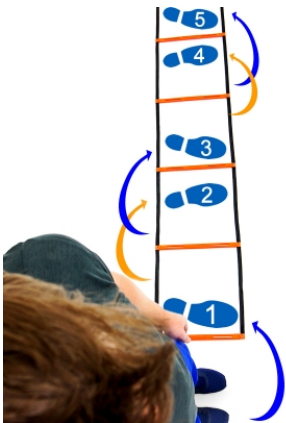


Toe Taps on Cones

Pick one foot off of the ground and tap it on a stack of cones or cups without knocking them over. Lower your foot back to the ground and tap the cones/cups with your other foot. Repeat the exercise switching back and forth between both legs.

Repeat 10 Times

Complete 3 Sets



LADDER DRILL - CARIOCA

Start by standing at the front of the agility ladder with the side of your body facing the ladder. Bend your knees and elbows.

Cross your back leg over the front leg and into the first square. Then untangle your legs and bring your other leg into the second square. Next, bring your back leg behind your front leg and into the 3rd square. Untangle by moving your other leg into the fourth square. Repeat this alternating sequence of bringing your back leg in front and then behind as you progress through the ladder.

Increase your speed as you get better. Video # VVHXNUWHE

Repeat 1 Time

Complete 5 Sets