

TRADITIONAL INJURY PREVENTION PROGRAM

PHASE 2

Key Points to Emphasize for EVERY Exercise!



Land softly, get low, bend your knees

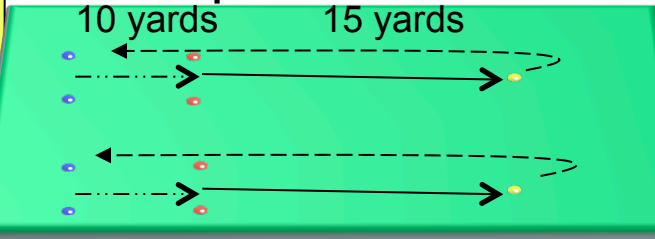


Field Set-up

→ Progressive run --> Jog

10 yards

15 yards



Exercise

Description

CUES

1. WALKING BUTT KICK w/ HEEL RAISE



- Pull heel of one leg to buttock
- Feel stretch on front of thigh
- Balance on other leg with knee slightly bent
- Hold for 3 seconds
- Calf raise on stance leg then switch

- Keep balance leg slightly bent
- Toes straight ahead

2. KNEE WALK



- Lunge forward with one leg lowering opposite knee to ground
- Lean back to feel stretch in front of hip
- Reach back – arms over head

- Controlled, slow motion
- Toes straight ahead
- Knee stacked over toe

3. FRANKENSTEINS



- Step forward and balance on one leg
- Raise your other leg straight ahead while keeping your knee straight.

- Raise leg to lower height if needed to keep knee straight when lifting
- Toes straight ahead

4. "SHOOT"-HOP TO BALANCE

2 times



- Pretend to kick a soccer ball
- Use the forward momentum of the kick to hop forward
- Land on "kicking" leg
- Land softly, bending at the trunk, hip, and knee

- Land as soft as possible
- Bend your knees, hips and trunk

5. KANGAROO HOPS



- Take off with both feet at the same time,
- Swing arms and jump forward for maximum distance without falling backwards

- Land as soft as possible
- Bend your knees, hips, and trunk

STATIONARY EXERCISES

6. SIDE HOP TO BALANCE

30 sec.



- Balance on 1 leg w/ hands on hips
- Hop sideways as if over a small hurdle
- Land on opposite foot
- Bend at hip, knees, and ankle
- Hold for 5 seconds

- Keep balance leg slightly bent
- Toes straight ahead

Good technique and form are most important

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Exercise

7. SINGLE LEG SQUAT

5, rest, 5

Description

- Hands on hips
- Feet shoulder width apart
- Balance on 1 leg
- Squat down like sitting in a chair

Key Points

- Sit back
- Toes straight ahead
- Knees over toes

8. STAR JUMPS

5, rest, 5



- Squat down
- Jump up for maximum height
- Land softly in squat position

- Land low!
- Land softly
- Knees over toes

9. SIDE PLANK

20 seconds each side



- Lay on side, elbow under shoulder, feet stacked.
- Lift hips bringing them in a straight line with shoulder and feet.

- Stay “straight as an arrow”
- Draw your belly button towards your spine while breathing

DYNAMIC EXERCISES (↑ run)

10. SIMON SAYS “CUT”

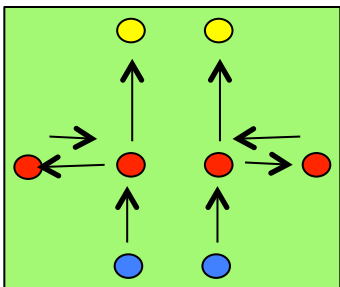
- All players stand in lines facing forward
- Leader stands at front and directs athletes to shuffle left, right, forward, or back in a game of Simon Says.
- Emphasize good form for cutting/ planting.

- Get low!
- Bend your knees
- Toes straight ahead
- Knees over toes

12. T SHUFFLE

- Jog to 10 meter cone
- Plant, cut, and side shuffle 10 meters
- Plant, cut, and shuffle back 10 m
- Sprint to end cone

- Get low!
- Sit back
- Weight on toes



Always emphasize soft landings with knees & hips bent!