TRADITIONAL INJURY PREVENTION PROGRAM

PHASE 2

Field Set-up → Progressive run ↔ Jog

10 yards

15 yards

Exercise 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

Description

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

CUES

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

Exercise 2. KNEE WALK

Description

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

CUES

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

Exercise 3. FRANKENSTEINS

Description

- 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

CUES

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

Exercise 4. “SHOOT”-HOP TO BALANCE 2 times

Description

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

CUES

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

Exercise 5. KANGAROO HOPS

Description

- 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

CUES

- Keep balance leg slightly bent
- Toes straight ahead

Exercise 6. SIDE HOP TO BALANCE 30 sec.

CUES

- Lands softly, get low, bend your knees

Good technique and form are most important
### Exercise 7. SINGLE LEG SQUAT
5, rest, 5

- 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

### Exercise 8. STAR JUMPS
5, rest, 5

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

### Key Points
- Land low!
- Land softly
- Knees over toes

### Exercise 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.

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

### Dynamic Exercises (run)

#### Exercise 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.

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

#### Exercise 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

### Key Points
- Get low!
- Sit back
- Weight on toes

---

Always emphasize soft landings with knees & hips bent!