

TRADITIONAL INJURY PREVENTION PROGRAM

PHASE 1

Key Points to Emphasize for EVERY Exercise!



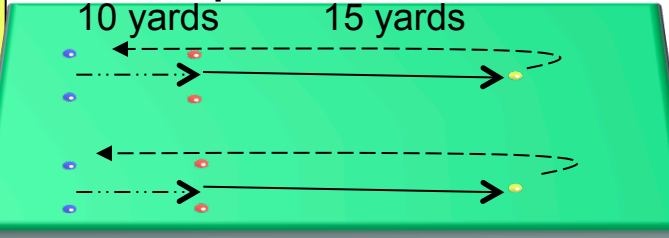
Toes straight ahead, Knees over toes, Bend your knees

Field Set-up

→ Progressive run --> Jog

10 yards

15 yards



Exercise

Description

CUES

1. WALKING BUTT KICK



- 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

- Keep balance leg slightly bent
- Toes straight ahead

2. KNEE WALK



- Hands on hips
- Lunge forward with one leg lowering opposite knee to ground
- Lean back to feel stretch in front of hip

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

3. ELEPHANT WALK

- Straighten one leg in front with heel on the ground
- Bend at the hips swinging arms down thigh to lower leg
- Swing arms up as you step forward

- Toes straight ahead
- Keep knee straight
- Keep back flat

4. 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

5. FORWARD HOP TO BALANCE

2 times



- Hands on hips standing on one leg
- Hop forward
- Land softly on opposite leg with trunk, hip, and knee flexed
- Hold for 5 seconds

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

STATIONARY EXERCISES

6. BALL AROUND THE WORLD

30 sec. each leg

- Balance on one leg
- Hands on hips
- Toe-tap the ball from 12:00 to 6:00 clockwise (right) or counter-clockwise (left)

- Keep knee bent
- ** May need to first learn this exercise as Single Leg Balance w/out ball and then progress to using ball.

7. DOUBLE LEG SQUAT

5, rest, 5



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

- Toes straight ahead
- Knees over toes
- Sit back

Good technique and form are most important

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Exercise

8. FROG JUMPS

5, rest, 5



Description

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

Key Points

- Toes straight ahead
- Land softly
- Knees over toes

9. PLANK

20 seconds



- Push-up position with elbows on the ground
- Keep upper and lower body as straight as possible

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

10. HIP BRIDGE

Lift: 1 sec., Hold: 10 sec., Lower: 2 sec. – 3 times

- Lay with back on the ground, knees bent, and feet flat on the ground
- Slowly lift hips off of the ground and hold
- Hands on hip and elbows on ground - Progress to arms across chest

- Draw your belly button towards the spine while breathing
- Keep thighs, hips, and trunk in a straight line
- Toes straight ahead
- Knees over toes

11. SIDE HOPS

30 sec. total

- Hands on hips
- Bounce side to side over line on two feet
- Progress to single-leg at week 3

- Toes straight ahead
- Knees over toes
- Stay on balls of feet
- Land as soft as possible

DYNAMIC EXERCISES (↑ run)

12. SHUTTLE RUN

- Jog to 10 meter cone
- Plant, cut, and jog back to start
- Plant, cut, and sprint full length

- Toes pointing forward
- Knees over toes

13. SIDE SHUFFLE

Each way



- Start with feet shoulder width apart and knees in a squatting position
- Shuffle sideways and repeat in the opposite direction

- Toes straight ahead
- Knees over toes
- Sit back
- Weight on toes
- Land as soft as possible

14. FORWARD SKIPPING

- Skip forward using arms for momentum
- Start skipping for proper technique then progress speed.

- Toes straight ahead
- Knees over toes
- Land as soft as possible

15. Z-CUTS

Entire length



- Run diagonally back and forth like a “Z”
- Make a sharp cut while bending at the trunk, hips and knees

- Chest over knees
- Knees over toes
- Toes forward

Always emphasize soft landings, knees over toes, & toes ahead