



INJURY PREVENTION WARM UP

FLEXIBILITY (10 yards)



1. JOG



2. QUAD STRETCH WITH CALF RAISE



3. SIDE LUNGE



4. LUNGE TO HAM-STRING STRETCH



5. PARTNER CIRCLES



6. PARTNER JUMP

STRENGTH (time) Go through twice



7. BRIDGES (20 SEC)



8. PLANK (30 SEC)



9. SIDE PLANK (20 SEC EACH SIDE)



10. ECCENTRIC HAM-STRING (20 SEC)



11. ALTERNATING LUNGES (20 SEC)



12. SQUATS (20 SEC)

BALANCE (time)



13. LATERAL HOPS (30 SEC)



14. SL BALANCE (20 SEC EACH SIDE)



15. SL SQUATS (15 SEC EACH SIDE)

AGILITY (15 yards)



16. HIGH KNEE SKIP



17. STRIDES



18. BOUNDING

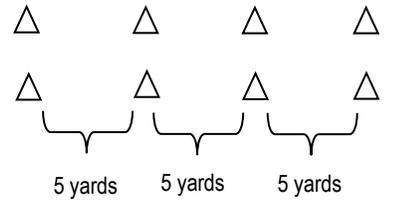


19. PLANT AND CUT



20. FOR/BACK SPRINT

FIELD SET UP



GOOD
TECHNIQUE



BAD
TECHNIQUE

****MAKE SURE ANKLES, HIPS AND SHOULDERS ARE ALIGNED****

FLEXIBILITY:

- 1. Jog-** Jog from one cone to the next. Make sure to keep your chest up and that your shoulders, hips and ankles are aligned. Do not let your knees buckle inward.
- 2. Quad stretch w/ calf raise-** Balance on one leg while bending the other knee so your heel touches your glute. Use the arm on the same side to grab your leg. Raise the opposite arm in the air and, if possible, stand on your tip toes. Hold for 1-2 seconds and walk forward and switch to the other leg.
- 3. Side lunge-** Turn to the side. Step out with one leg and lean toward that forward foot. Sit back into the lunge, making sure your front knee is in line with your ankle. Hold for 1-2 seconds and slide over the opposite side (bend the other knee and straighten the opposite leg). Hold for 1-2 seconds. Rise out of the stretch and walk forward 1-2 steps and repeat.
- 4. Lunge to hamstring stretch-** Step forward into a lunge, making sure your knee does not go in front of your ankle. Both knees and forward hip should make a 90 degree angle. Raise your hands above your head. Hold for 1-2 seconds. As you get out of the stretch, lean back and straighten out your front leg. A light stretch should be felt in the front hamstring. Hold for 1-2 seconds, rise up out of the stretch, walk forward and repeat alternating legs.
- 5. Partner circles-** Jog towards the cone with a partner. Shuffling at 90 degrees, circle around you partner while looking straight ahead. Repeat 2-3 circles around each other while jogging.
- 6. Partner jump w/ contact-** Jog toward the cone. When ready, jump sideways and make shoulder contact. Land and continue jogging. Repeat jump 2-3 times.

STRENGTH

- 7. Bridges** (20 seconds)- Lay on the ground with your knees bent and your feet on the ground hip distance apart. Lift your hips toward the ceiling, while squeezing your glutes. Make sure your hips are level and one side is not drooping. Hold this for 1-2 seconds and lower. Repeat as time allows.
- 8. Plank** (30 seconds)- Lay down on the ground, supporting yourself on your forearms and feet. Lift your body so that your legs, pelvis and upper body form a straight line. Your shoulder blades should be drawn back toward your spine and your elbows directly under your shoulder blades. Keep your hips tucked under (so your belly button is drawn in). Hold this position for 30 seconds.
- 9. Side plank** (20 seconds each side)- Lay on the ground sideways, supporting yourself on one forearm and your feet. Lift your body up so that your legs and hips are in line with your shoulder. Your elbow should be directly below your shoulder. Hold for 20 seconds. Repeat on the other side.
- 10. Hamstring eccentric** (20 seconds)- Kneel on the ground with your knees hip width apart. Have your partner kneel behind you and place their hands on your ankles. Cross your arms over your chest. Keeping your body very still and straight, lean forward as far as you can and hold the position with your hamstrings (the back of your upper leg). When you feel like you are starting to bend forward, break the hold and go into a pushup position. Push yourself back up and repeat the exercise as time allows.
- 11. Alternating lunges** (20 seconds)- Stand with your hands on your hips. Step forward and lower yourself to the ground. Make sure that your front knee does not go over your toes. Try and keep both knees at a 90 degree angle. Push yourself back up and into the starting position (DO NOT WALK FORWARD). Repeat, alternating legs, as time allows.
- 12. Squat** (20 seconds)- Stand with your feet hip width apart and your hands on your hip. Slowly bend your hips, knees and ankles until your knees are bent about 90 degrees. Straighten your whole body. Keep your hips over your knees and toes and chest up. Repeat as time allows.

BALANCE

- 13. Lateral hops** (30 seconds)- Stand on one leg and bend your ankle, knee and hip slightly. Jump as far as you can (while able to maintain balance) landing opposite to your standing leg. Land softly and on the balls of your feet. Stabilize and jump to the other side. Repeat as time allows.
- 14. Single leg balance** (20 seconds each side)- Stand on one leg, with your knee slightly bent. Your hip and knee should be directly over your ankle and your hips should be in a straight line with each other. Hold the raised leg slightly behind the stance leg. Hold this position for 20 seconds. Switch sides.
- 15. Single leg squat** (15 sec each side)- Stand on one leg, with your knee slightly bent. Your hip and knee should be directly over your ankle and your hips in a straight line with each other. Hold the raised leg slightly behind the stance leg. Bend your knee slowly until it is bent about 90 degrees. Straighten your knee back out and slowly come back up. Repeat as time allows.

AGILITY

- 16. High knee skip-** Skip to the farthest cone. Focus on going up as high as you can rather than as fast as you can. Really drive the knee up in the air. Land softly and quietly each time.
- 17. Strides-** Run to the farthest cone at about 75 - 85% of your maximum speed.
- 18. Bounding-** Bound for about 6 steps by lifting your knee up high and trying to float in the air. Jog the rest of the way to the farthest cone.
- 19. Plant and cut-** Run at about 75 - 85% of your maximum speed and cut at about 45 degrees at any point along your run. Try to do this at least 3 times in different directions until you reach the cone.
- 20. For/back sprint-** Run at about 85% of your maximum speed and build into full speed by the time you reach the first cone. Stop and then jog backwards to where you started from. Now run to the next cone (10 yards). When you reach the second cone, jog backwards to the first cone. Finally, sprint to the last cone.