

Plan for Practice:

Monday: Dynamic Warm-up followed by Circuit 1
 Wednesday: Dynamic Warm-up followed by Circuit 2
 Friday: Dynamic Warm-up followed by Circuit 3
 Total Time required to complete program (15 min)

Phase I: Elastic Phase (Weeks 1-3)
Phase II: Pure Plyos (>Week 3)
 (*) Refer to Phases of Prevention

Dynamic Warm-up (Complete following 2 laps around field)

- | | |
|---------------------------------------------------------------------|-------------|
| | REPS |
| 1. Sprint up 2 nd cone/backpedal to 1 st cone | x 2 |
| 2. Glute knee hug | x 1 |
| 3. Figure 4 stretch | x 1 |
| 4. Circle partner | x 2 |
| 5. Header with partner | x 2 |
| 6. Forward bounds to 2 nd cone with quick sprint | x 2 |
| 7. Lateral bounds to 2 nd cone with quick sprint | x 2 |
| 8. Forward lunge → backwards lunge → heel to butt with toe raise | x 1 |

Note: 10 yards between each Cone

Total Time Elapsed (7min)

Circuit 1: Manchester United

TIME

- ^ SL Squat (+) with partner
- ^ SL Bird-dip with ball x 6 → toss to partner
- ^ Rock 'em Sock 'em
- ^ SL hop over cone (*)

1 min
1 min
1 min
1 min

Tips:
-Knees over feet
-Maintain bent knee

Note: complete circuit x2 (Trial 1: RLE; Trial 2: LLE)

Total Time Elapsed (8 min)

Circuit 2: LA Galaxy

TIME

- ^ Suicides with partner x6 with quickstep x3
- ^ Abductor series (6x6x6)
- ^ Plank series (6x6x6)
- ^ Side plank 15" hold and repeat

1 min
1 min
1 min
1 min

Tips:
-Neutral trunk alignment
-Brace core and gluts

Note: complete circuit x2 (Trial 1: RLE; Trial 2: LLE)

Total Time Elapsed (8 min)

Circuit 3: Real Madrid

TIME

- ^ SL TKE x6 → throw in to partner
- ^ Scissor Jump x6 → Cross over Step x6 → 1-2 Step x6
- ^ Lateral Broad Jump x6 (*)
- ^ Tuck Jump x6 → 180° jump x6

1 min
1 min
1 min
1 min

Tips:
-Soft landing
-Land with bent knee

Note: complete circuit x2

Total Time Elapsed (8 min)

Prepared by Team's Philosophy:

In the United States alone there are approximately 200,000 ACL tears annually. The populations at the highest risk for injury are females between the ages of 14-20 years and males between the ages of 20-29. The most frequent cause of injury seen in these athletes occurs while jumping, landing, or planting from a single leg position. Therefore, in order for an athlete to decrease their risk of injury they must prepare by using functional training that mimics the mechanism of injury. This is why our program focuses solely on single leg strength, plyometrics, and core strengthening exercises in order to prepare the athlete's body for the demands of their sport by using game simulated activities.

Plyometrics:

In order for our program to be safe for athletes at any level of experience, our plyometric program is broken down into two phases that allow for the athlete's body to adapt:

Phase I: Elastic Phase (week 1-3)

- Athlete allowed to perform multiple bounces to stick landing
- Stress quality over quantity of jumps completed

Phase II: Pure Plyos (>week 3)

- Athlete must stick landing and limit ground contact time
- Knees must be over feet-no inward movement
- Landing must be soft and transition must be quick
- Deep knee bend emphasis with "stick" landing
- Technique should be automatic without need for constant reinforcement

Technique while performing lower body plyometric training is essential in order to reduce risk of injury. The proper plyometric landing position should be with the athlete's shoulders in line with the knees, which helps to place the center of gravity over the body's base of support.

Glossary of Terms:

SL TKE (terminal knee extension): start in slightly bent position and fully extend the knee focused on contracting the Quads.

SL Bird-dip with ball: maintain a slightly bent position at the knee with a forward trunk lean; reaching forward and while extending nonweight bearing limb backwards (body resembles a "T").

Contact:

Jump: Upright stance with feet shoulder width apart, explosively jump straight up with land in start position.

Single Leg Hop: Upright stance on one foot, explosively jump upwards using both arms to assist, land in start position and immediately repeat with same leg.

Single Leg Hop-Hop-Hop: Phase I plyometric training program, single limb stance with small bend in the knee, the athlete hops over barrier to land in start position. Athlete able to jump 1-3 times with landing and repeat.

Single Leg Hop-Stick: Phase II plyometric training program, single limb stance with small bend in the knee, the athlete hops over barrier to land in start position.

Bounding: forward/lateral variations emphasize SL explode upward landing on the opposite leg and immediately repeating the sequence.

SL hop over barrier: single limb jump over barrier landing on the same leg and immediately repeat the jump to the start position.

180° jumps: both feet explode up off the ground; rotate the torso 180° with arms at the side. Repeat in reverse direction.

Scissor jumps: Start in a lunge position, explode up alternating foot positions mid air.

Squat jumps: standing jump straight up raising both arms overhead, land in a squat position.

Tuck jumps: From standing position jump straight up, bring both knees up to chest as high as possible and repeat as quickly as possible.

Circle partner: Run to first cone, both athletes laterally shuffle to center of cones. The athlete on the right circles behind her partner, return to start position and repeat.

Header partner: Run to the first cone, laterally shuffle to center of cones.

Both athletes explode up into header position and lightly tap shoulder. Return to start position and repeat.