



ACL Injury Prevention Program

Light Warm-up Drills - 20 yards between cones, down and back for each

* Make sure you work on arm swing and trunk rotation during these warm-ups

* Distance for exercises: 20 yards

Jogging forward, then jogging backward

Shuttle/shuffle side to side more upright position, then in low squat position

Cross-overs

Butt-kicks

High knee jog

Skipping - once across for height/high hops, then...

Skipping for long distance hops

Dynamic stretches - 10 reps each side

Lunge walking: deep lunges with each step, knee drops straight down from hip

KTC walking: stretch one knee straight up to chest with each step

Cradle walk - Walk and pull foot toward opposite waist, rotating the hip and knee out

Hand walks – Downward dog walk feet up to hands, then hands back out forward

Hip openers- walk with circling of hip/knee up, in, then out and down

Strength - 2 sets of 12 each side

1) Unilateral squat with opposite leg star pattern:

Instruction: Stand on left leg with slight knee bend. While completing a squat on the left leg, move the right leg in a clock pattern using 12, 3, 6 and 9 o'clock. Return to upright standing between each number. Try not to touch the ground with moving leg.

DO: Start with hands on hips, Get low, keep hips level, trunk upright, Maintain knee over middle portion of the stance foot.

DON'T: Stance hip should NOT drop out to the side, Do not allow the knee to move inside of the stance foot during the squat.

2) Russian deadlift/Golfer's pickup:

Instruction: Stand on left leg with slight knee bend. Reach downward and forward with right arm toward your left foot, bending at waist and extending right leg behind you. Keep left knee unlocked. Pause and return to standing. Repeat on both sides x 12 reps.

DO: keep the spine straight, hips facing forward, keep head neutral

DON'T: Do not allow hips/trunk to rotate

contact info@uvsef.org with questions or for more info



Agility Drills - Form lines to go through the course, do 3 times, jog back to start
Teaching Points: don't over cut, keep body going in direction you want to go, not letting your body/center of gravity move over or outside the cutting foot (continuing past the cutting point). Avoid inward position/angle of knee when cutting.

1) Z Pattern forward run with cutting

"z" pattern on the field with cones, 8-10 cones, total distance 50 yards

Instruction: Shuffle left laterally to first cone, cut hard and sprint diagonally right to the next cone, then again shuffle left to next cone, continuing pattern through the course.

2) Z Pattern backward shuffle with low reach

same "z" pattern on the field with cones, 8-10 cones, total distance 50 yards

Instruction: Facing backward to the line of cones, shuffle backwards in a defensive stance, slowing to squat and touch each cone, changing lead foot when switching directions.

Plyometric Exercises

1) Tuck Jump/Squat Jump

Instruction: Stand forward with hands at your side. Bend the knees into a deep squat and push off jumping straight up. Pull your knees up toward your chest so your thighs are parallel with the ground. Remember the proper landing technique; accept the weight on the balls of your feet with a slight bend to the knee. Repeat 10 times without stopping.

DO: Get knees up to get thighs parallel with ground at mid-jump. Keep knees shoulder width, and land softly on balls of feet with each jump and bending knees into full squat again. No break between jumps.

DON'T: Avoid landing uneven on R vs. L foot. Avoid landing on heels, or with a stiff/straight knee. Avoid bring knees together when squatting.

2) Diagonal Reciprocal Jump/hop

Instruction: Starting on the left leg, diagonal jump (forward and to the right) onto right leg. Land with heel to toe progression and a soft landing. Hold position 1-2 seconds and then initiate bound to the left leg.

DO: Land softly heel to toe. Hold the landing on one leg for 2-3 seconds before initiating the next hop. Maintain hip and knee over the midline of the foot.

DON'T: Avoid having the knee fall inward to the stance foot. Do not move trunk past the the outside of the stance leg.