

Alternative Strength exercises to swap in for variety:

Below we have included some alternative exercises which can be swapped for things in each of the main strength/agility/plyo categories, just to add some variety and provide slightly different areas of challenge and benefit.

Sidelying unilateral plank with hip abduction

Instruction: Lying on your side propped on elbow and legs stacked, lift hips into neutral position so body is in a straight line (plank). Hold 10 seconds x 10 reps
If possible without losing straight body position, lift top foot off bottom foot, and extend top arm upward toward the sky.

DO: Keep spine straight, hips up, head neutral

DON'T: Rotate forward or back, let hips drop toward the floor

Prone plank with alternate UE/LE lift

Instruction: Lying face down prop yourself up on your elbows and toes. Maintain a level torso and draw in stomach muscles to tight abdominals. Keep your eyes facing the floor. Raise one arm to an outstretched position over in line with your torso and raise the opposite leg six inches off the floor.

DO: Keep spine straight, hips/knees level, head neutral

DON'T: Allow your stomach to sink to floor or arch up or down with your back

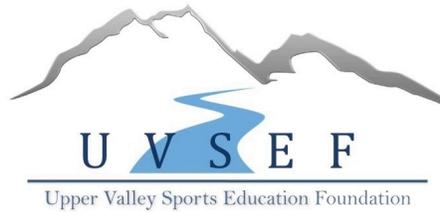
Unilateral bridge:

Instruction : Lie on the ground with your knees bent with feet on the ground. Raise your buttocks up off the ground and hold. Now, lift your right foot off the ground and straighten the right knee. Make sure that your right hip does not dip down. Return the right foot to the ground and now lift your left foot making sure your left hip does not dip down. Repeat 30 times on each side.

DO: hold your buttocks off the ground during the entire exercise and move slowly

DON'T: don't let your hips rotate or drop down.

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



Bowler's Throw:

Instruction: Stand on one leg. Perform partial squat while the opposite arm move across the body like tossing a bowling ball. Return to standing and bring the arm into extension, abduction, and external rotation.

DO: Maintain forward hip position, move slowly through the range

DON'T : Keep stance leg aligned over mid foot, do not allow knee to track inward.

Multi-angle lunge

Instruction: Step forward and bend left knee with the left heel directly in front of the right toe. Left foot should remain flat on the ground, even pressure through the foot. Left knee should track over the midfoot. Right knee should bend and right foot should be up on toes. Repeat in multi angles – eg, reaching left foot out to clock positions of 12, 11, 10, 9 and repeat with both the right and left leg leading the motion.

DO: Place hands on hips, maintain upright posture and hips forward in direction of lunge

DON'T: Do not allow knee to track inward to front foot. Do not come off you heel on the front foot. Keep the knee in line with your front toes.

Alternative Agility Drills to swap in for variety:

-Same z pattern of cones: Sprint to first cone, then change directions and shuffle to next cone, sprint to third, etc. Jog back on sideline.

-Shuffling stop and go to whistle: Defensive stance, sideways shuffle, with direction change with each whistle blast. Coach/captain can give hand signal with the whistle blast to dictate which direction of travel with L/R side shuffles, forward sprint, backward jog.

-Backward jog with turns of direction that the body is facing, again to whistle, or every 10'

Alternative Plyometric drills to swap in for variety:

Lunge jump/scissor jump

Instruction: Starting with hands on hips in a full lunge position, knee directly below hip. Jump up landing in opposite lunge position with stable knee, opposite knee straight down below the hip. (Moving from R lunge to L lunge) Complete 2x10 reps or until proper mechanics are lost.

DO: Keep hands on hips, jump and land with knees and hips flexed

DON'T: Avoid having the knee fall inward to the stance foot. Do not let trunk lean too far to the inside or outside of the legs, and avoid leaning forward. Avoid bringing the front knee too far forward over toes when performing lunge.