

Sample Pre-Practice ACL Prevention Program Day 1					
	Exercises	Sets	Reps	Time	Additional Cues
Dynamic Warm Up	Forward Hip Hurdles	1/2 court or ~30'		5 min	Hips at a 90 deg angle like stepping over a hurdle
	Backward Hip Hurdles	1/2 court or ~30'			Hips at a 90 deg angle like stepping over a hurdle
	Lateral Lunge	1/2 court or ~30'			Equal balanced, not up on their toes. 1-2 sec hold then switch to the opposite side
	Forward Jog	1/2 court or ~30'			50%
	Backwards Jog	1/2 court or ~30'			50%, "Nose over Toes" If trunk is too straight it creates displacement in weight
Strength	Plank	3	30 sec	1.5 min	Pull your belly button to your spine and keep your back flat
	Russian Twist	3	30 sec	1.5 min	Slow and controlled is better than quick speed
	Squat	2	10	2 min	Make sure knees are not coming inward. Should sit butt back at a 90 deg angle, and ensure knees are not coming in front of toes
	Bridge	2	10	2 min	Knees stay straight, raise hips, and squeeze their bottoms at the top of the bridge
	Side Lying Hip Abduction	2 Sets ea	10	2 min	Do not let hips rotate too far forward.
	SL Squat	2 sets ea	10	2 min	Watch to make sure the stance leg knee is not coming inward. If athletes are struggling to balance on one knee, they can place opposite leg behind them in a toe touch position. Hips should be in a straight line, not one below another.
	Single Leg Small Hop into SL squat	2 sets ea	8	2 min	Soft landing on toes then back onto heels for the squat position. Do not want knee to come inward or further then toes. Cue to squeeze their bottoms as they come back up for better control. Hips should be in a straight line, not one below another.

Neuromuscular Retraining	Skiers	2 sets	30 sec	1 min	Players should jump laterally from one foot to the next as far as they can. Need to plant heel to toe then have good postural control before leaping to the next food. Watch that the trunk does not come straight up.
	Forward Run and plant on one foot	2 sets	45 sec	1.5 min	Run at 75% ~10' then plant on one foot. Ensure trunk is not straight up, good knee control, and that athletes are digressing before landing on plant foot.
	Forward run, plant and then lateral slide	2 sets	45 sec	1.5 min	Run at 75% ~10' then plant on one foot and slide laterally 2x the opposite direction. Trunk is not upright, good knee control, and digress before planting. During slide should be on toes and ensuring feet do not cross or touch.
Plyometrics	Box Jumps	2 sets	8	2 min	Soft landings onto the box. Should land with knees bent and not completely straight
	SL Box Jump	2 sets	8	2 min	Same as above, but make sure knee stays straight and does not move too far inward. Hips should be in a straight line, not one below another.
	SL Bounds	2 sets	1/2 court or ~30'	2 min	Jump Forward from 1 leg to the next like a gazelle
	SL Knee Drive	2 sets	1/2 court or ~30'	2 min	Take a couple steps forward then jump in the air as high as possible. Arms should help propel the motion forward and safe landing on leg is as important as the jump

Sample Pre-Practice ACL Prevention Program Day 2					
	Exercises	Sets	Reps	Time	Additional Cues
Dynamic Warm Up	High Knees	1/2 court or ~30'		5 min	Drive the knee up and use arms in motion.
	Butt Kicks	1/2 court or ~30'			
	Cradle Walk	1/2 court or ~30'			Athletes should grab above their ankle, not their foot
	Walking Quad stretch with overhead reach	1/2 court or ~30'			Knee and foot should stay directly behind back/bottom. Should not be pulling leg towards the side of their hip
	Backwards Jog	1/2 court or ~30'			50%, "Nose over Toes" If trunk is too straight it creates displacement in weight
Strength	Side Plank	2 ea	30 sec	2 min	Pull your belly button to your spine and keep your back flat
	Nordic Hamstring Curls	2	10	2 min	Have partner hold down teammates feet as they curl up. Keeping core tight and not letting back bend. Can use hands to help push up if form is bad
	Fire Hydrants	2 ea	10	2 min	Knees stay straight, raise hips, and squeeze their bottoms at the top of the bridge
	SL RDL	2 Sets ea	10	2 min	Stabilize stance leg and knee. Hinge at the hips and sit bottom back. Can stand with back leg in toe touch position if not balanced on SL
	Standing SL Hip Abduction	2 sets ea	10	2 min	Stabilize stance leg and knee. Trunk should not be straight up and hips should be bent. Players should not lean laterally to the side and should only raise hip as high as they can control. Can do against wall/ bleachers if not balanced
	Parter Jump and Bump	1	8	2 min	Partners stand side by side then jump up and hit eachothers shoulders. On landing players should re-balance with their knees slightly flexed and hips straight. Have players alternate sides after 4

Neuromuscular Retraining	Diagonal Fwd Shuffle	2 sets	45 sec	1.5 min	Sliding laterally in a diagonal pattern, players should stay low and on their toes not back on their heels. Trunks should be slightly bent and they should decelerate before changing Directions
	Diagonal Bwd Shuffle	2 sets	45 sec	1.5 min	Sliding laterally in a diagonal pattern, players should stay low and on their toes not back on their heels. Trunks should be slightly bent and they should decelerate before changing Directions
Plyometrics	Fwd/ Bwd Line Jumps	2 sets	30 sec	1 min	Jump over the line as high as they can, then backwards back. Should land on toes with knees bent. Trunks should be slightly bent. Once landed should explode to the next jump and drive knees up. Need to land on 2 feet
	Lateral Line Jump	2 sets	30 sec	1 min	Jump over the line as high as they can, then backwards back. Should land on toes with knees bent. Trunks should be slightly bent. Once landed should explode to the next jump and drive knees up. Need to land on 2 feet
	2 foot long jump	2	8	2 min	Jump out as far as they can then land with 2 feet in squat position. Need soft landing and should not land hard onto flat feet. Trunk and knees should be bent. Arms and forward hip motion should help propel forward

Sample Pre-Practice ACL Prevention Program Day 3

	Exercises	Sets	Reps	Time	Additional Cues
Dynamic Warm Up	A Skips	1/2 court or ~30'		5 min	Drive the knee up and use arms in motion.
	B Skips	1/2 court or ~30'			Drive the knee up and use arms in motion.
	Lateral Lunge	1/2 court or ~30'			Equal balanced, not up on their toes. 1-2 sec hold then switch to the opposite side
	Kareoka One Direction	1/2 court or ~30'			Outside Hip should come high up, like coming over a hurdle, not just crossing feet
	Kareoka Other Direction	1/2 court or ~30'			Outside Hip should come high up, like coming over a hurdle, not just crossing feet
Strength	Bicycle Crunches	2 ea	30 sec	2 min	Should be done slow and controlled touching opposite elbow to opposite knee
	V Ups	2	10	2 min	Have partner hold down teammates feet as they curl up. Keeping core tight and not letting back bend. Can use hands to help push up if form is bad
	Step Ups	1 ea leg stepping first	10	2 min	Stay balanced with weight on toes, knees slightly bent, trunk bent, and hips straight while rising up.
	Lateral Step Ups	1 ea leg stepping first	10	2 min	Stay balanced with weight on toes, knees slightly bent, trunk bent, and hips straight while rising up.
	Squat Jumps	2	10	2 min	Squat low with knees straight, bottom back, and trunk slightly bent forward. Jump up and on the landing sit back down into a squat with good form

Neuromuscular Retraining	SL Balance	2 sets ea	30 sec	2 min	Standing with knee slightly bent. Cue to keep the knee centered. Hips should be in a straight line, not one below another.
	Backward shuffle with lateral slide	2 sets	45 sec	1.5 min	Nose over toes ~10' wen jogging backwards. Trunk should not be straight. Plant foot should be the opposite side of the lateral slide
	Lateral Slide with forward run	2 sets	45 sec	1.5 min	Slide Laterally 2x then sprint forward ~10'. Plant leg should be the foot closest to the cone after the lateral shuffle.
Plyometrics	Jump out from Box and land in a squat	2 sets	8	2 min	Land from box on 2 feet with bottom low (sitting back). Knees should not come inward, but should be bent, trunk not straight up
	Jump from a box, land and jump as high as you can	2 sets	8	2 min	Land from box on 2 feet with bottom low (sitting back). Knees should not come inward, but should be bent, trunk not straight up. Explosive Movement Up
	Jump from box land on 1 leg and jump as high as you can	2 sets ea	8	2 min	Land from box on 1 foot with bottom low (sitting back). Knees should not come inward, but should be bent, hips should be in a straight line, trunk not straight up. Explosive Movement Up