

# Elite Athlete ACL Prevention Program

## Education Phase

### Level One

#### 1.1 SHUTTLE RUNS 1 min

Jog to end cone at a constant height. Flexing knee to 90 degrees and flexing hips, touch the ground at the last cone and jog back. *Focus: Keep knees over toes, do not allow knees to collapse inward.*

#### 2 STRETCHING - 3 min (see stretch card)

#### 3.1 DYNAMIC PLANK 1.5 min

Lay on ground on your front. Support your upper body with your hands and rest your toes on ground. Bring your body in line by lifting torso, hips and legs. Holding this position, bring knee to chest rotating one leg under the plank, then open to the side and raise the leg perpendicular to the ground. *Focus: Do not shrug shoulders and allow collapse.*

#### 4.1 SINGLE LEG SQUAT 1 min

Stand on one leg, keeping your torso upright. Slowly flex your knee to 60 degrees keeping your opposite leg behind you. Straighten. *Focus: Do not allow knee to collapse inward or hips to dip. Keep upper body in line.*

#### 5.1 NORDIC HAMSTRINGS 2 min \*1 min per athlete

Kneel on ground with knees hip-width apart. Your partner will pin your ankles to the ground. Slowly lean forward, keeping your body in line from your knees to your head. As you near the ground and can no longer hold the position, take the rest of your weight on your hands and come to a push-up position. Press yourself back up and repeat.

#### 6.1 LATERAL BOUNDING 1 min

Stand on one leg and prepare to leap sideways by slightly bending hips, knee and ankle. Explosively, jump a designated distance from your supporting leg onto the opposite leg. Land on the ball of your foot, return to the starting position and quickly repeat. *Focus: Do not allow knee to collapse inward or hips to dip.*

### Level Two

#### 1.2

Jog to end cone in a crouched position with hips and knees in deep flexion. Flexing knee to 90 degrees and flexing hips, touch the ground at the last cone and jog back. *Focus: Keep knees over toes, do not allow knees to collapse inward.*

#### 3.2

Initial movements are the same as level one. Once leg is raised, move the leg forward (hold 2 sec) and backward (hold 2 sec) horizontal to the ground. *Focus: Do not shrug shoulders and allow collapse.*

#### 4.2

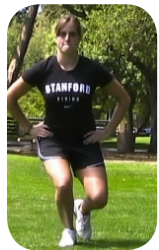
Stand on one leg, keeping your torso upright. Slowly flex your knee to 60 degrees keeping your opposite leg in front of you. Straighten. *Focus: Do not allow knee to collapse inward or hips to dip. Keep upper body in line.*

#### 5.2

Movements are the same as in level one; however, your partner will pin your ankles to the ground and apply variable pressure to your dominant heel.

#### 6.2

Movements are the same as in level one; however, you will hold your knee in flexion to 60 degrees for 2 seconds with each leap. *Focus: Do not allow knee to collapse inward or hips to dip.*



## Fatigue Phase

### Level One

#### 7.1 NORDIC HAMSTRINGS 2 min \*1 min per athlete

Kneel on ground with knees hip-width apart. Your partner stabilize your ankles. Slowly lean forward, keeping your body in line from your knees to your head. As you near the ground and can no longer hold the position, take the rest of your weight on your hands and come to a push-up position. Press yourself back up and repeat.

#### 8.1 PLYO JUMPS 1 min

Starting on two legs in a flexed knee and hip position, jump straight up explosively bringing your knees to your chest while in the air. Land on the balls of your feet and flex knees, hips and ankles upon landing. *Focus: Do not allow knee to collapse inward, or hips to dip.*

#### 9.1 CUTTING 3 min

Begin at the first cone and jog forward. When cued, make a 60 degree cut alternating left, then right.

#### 10.1 SHUTTLE RUNS 30 sec

Jog to end cone at a constant height. Flexing knee to 90 degrees and flexing hips, touch the ground at the last cone and jog back. *Focus: Keep knees over toes, do not allow knees to collapse inward.*

#### 11.1 TWO FOOT JUMP STOP 1 min

Begin a slow jog and after a few steps, jump and come to a landing on two feet. Upon landing, feet should be slightly wider than hip-width apart and hips, knees and ankles in deep flexion. (arms outstretched as if receiving a pass)

#### 12.1 UNSTABLE CUTTING 3 min

Remove shoes, leaving socks on. Begin at the first cone and jog forward. When cued, make a 60 degree cut alternating left, then right.

### Level Two

#### 7.2

Movements are the same as in level one; however, your partner will pin your ankles to the ground and apply variable pressure to your dominant heel.

#### 8.2

Starting on a single leg in a flexed knee and hip position, jump straight up explosively and land on the ball of your foot, flexing knee, hips and ankle upon landing. "Stick" the landing, holding deep flexion of knee, hips and ankle for 1 second. *Focus: Do not allow knee to collapse inward, or hips to dip.*

#### 9.2

Begin at the first cone and jog forward, when cued as to timing and direction, you will make a 60 degree cut.

#### 10.2

Jog to end cone in a crouched position with hips and knees in deep flexion. Flexing knee to 90 degrees and flexing hips, touch the ground at the last cone and jog back. *Focus: Keep knees over toes, do not allow knees to collapse inward.*

#### 11.2

Movements are the same as in level one; however, the exercise is performed on an unstable surface.

#### 12.2

Remove shoes, leaving socks on. In pairs, begin at the first cone and jog forward with your partner running backwards in front of you. At random, your partner will stop and you will make a 60 degree cut alternating left, then right.



## Stretching (3 min)



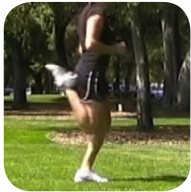
### 2.1 DYNAMIC LUNGE (full length)

Extend into a deep lunge bringing both or one hand to ground next to your foot with opposite elbow on knee. In the next movement, extend your front leg keeping your ankle flexed at 90 degrees. To advance, bring torso to upright position and lunge with other leg. *Focus: Keep your rear leg fully extended and make sure your back is in line with the extended leg.*



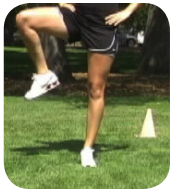
### 2.2 REAR LUNGE (full length)

Extend your leg directly behind you and lunge so that front knee is flexed at 90 degrees. *Focus: Pull hips forward so they are in line with torso.*



### 2.3 BUTT KICKERS (full length)

With an upright posture, jog forward bringing your heels to your rear. *Focus: Keep knees over toes, not allowing knees to collapse inward. Keep hips pulled forward in line with spine.*



### 2.4 HURDLE STEP OVERS (1/2 length each)

Forward - Lift knee to the side, then rotate your knee forwards and put your foot down. Repeat until you reach the final cone. Backward - Lift your knee forward, then rotate your knee to the side and put your foot down. Repeat as you advance.



### 2.5 LEG KICK BACKS (full length)

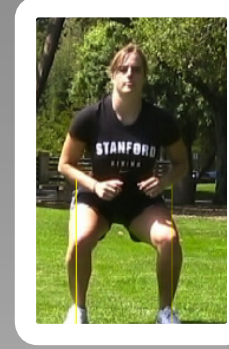
Flexing your hips, bring your knee forward slightly and allow your lower leg to fall with gravity. Next, with ankle flexed, kick your leg directly behind you, firing gluteal muscles and stretching hamstrings and calves.



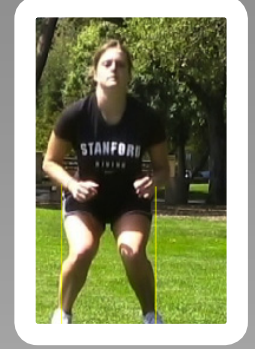
### 2.6 CARIOCA (full length)

Position your body sideways, cross back leg over front leg, then step front leg forward. Next, cross back leg behind the front leg, again stepping front leg forward. Repeat at a good pace. *Focus: Twist lower body with movement.*

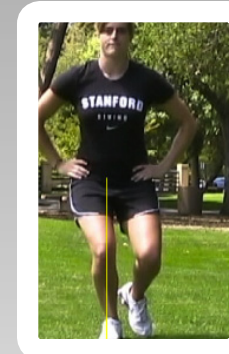
## Positioning



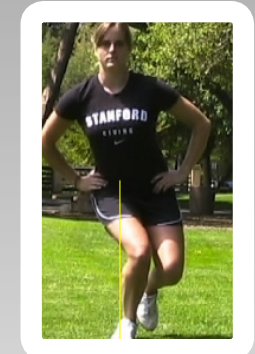
GOOD



**X** BAD



GOOD



**X** BAD