

ATHLETICO

ACL 3P PROGRAM | PREVENTION
PROGRESSION
PERFORMANCE

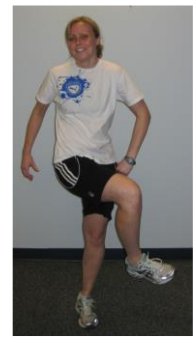
Soccer Dynamic Warm-Up

PART ONE: DYNAMIC STRETCHING

**All exercises should be done smoothly.
Maintain good posture and good technique.**

- 1) Straight Ahead Jogging (2 laps)
- 2) Skipping (2 laps, driving knee up)
- 3) Open/Close Gates (1 lap of each)
- 4) Tall Quad with Calf Raise (can also bend to touch ground)
- 5) Tall Piriformis
- 6) Lunge-Turn
- 7) Soldier March vs Lunge-Reach

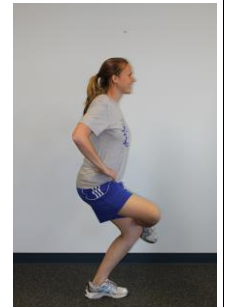
Open/Close Gates: Keeping back up straight and shoulders square, lift right leg up, bring right knee slightly across body before opening hip up and taking knee to outside as far as possible while keeping neutral spine. Repeat 1 lap, alternating legs. Jog back to start and repeat a second time, focusing on taking knee across body as far as possible maintaining neutral spine. Repeat 1 lap.



Tall Quad Stretch with Calf Raise: Maintain vertical position and focus on balance. Keep knees together and bend one knee back. Pull ankle to buttocks and raise up on opposite heel. Slowly lower and alternate legs without any steps in between. **DO NOT LET KNEE BEING BENT COME FORWARD!**



Tall Piriformis: Maintain vertical position and focus on balance. Cross ankle over knee, then perform slow single leg squat with control. Every step is a cross/squat, alternating legs.



Lateral Lunge Steps: While maintaining a “sternum up” posture in the torso, weight is shifted first to the right and then to the left followed by a pivot which leaves you facing the opposite direction. Repeat the shift.



Soldier March: Lift right leg to outstretched left hand while maintaining upright posture. As you warm up, increase the velocity and height of the kick, progressing up onto the toes of your standing leg. Alternate feet for 10 repetitions to each side. To get triplanar stretch, can then kick outside (keeping back straight and shoulders square) and then kick across body, still reaching across in both instances.



PART TWO: MODIFIED FIFA 11+

- 1) Circling Partner (2 laps, emphasis on mechanics, one from each cone)
- 2) Shoulder Bumps (2 laps, emphasis on mechanics, one from each cone)
- 3) Bounding (2 laps)
- 4) Quick Forwards (2 cones) and Backwards (1 cone) Sprints (50%, emphasis on mechanics, 2 laps)
- 5) Sprints – 1 lap 75%, 1 lap 100%

COOL-DOWN

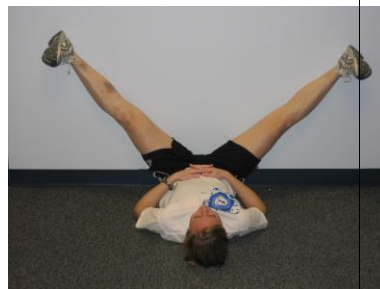
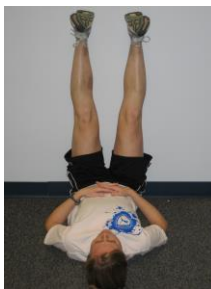
Sprinter's Stretch: Kneel on left knee with your right foot and hands on ground in front like about to begin a spring. Slowly extend both knees and flatten left foot flat. Hold for a count of 3 and slowly lower, and repeat 5 times in a slow, pumping motion. Repeat stretch with feet turned out, and then with feet turned in. Perform same stretch with left leg in front.



Heel Cord Stretch/Big Toe Rocks: In pike position with both hands on floor and left foot pointing forward, lift left heel off floor and extend toes. Slowly lower left heel back to the floor, giving pressure in a downward direction with the right foot. Repeat 5 times with left foot pointing forward, 5 times with left foot pointing out, and 5 times with left foot pointing in. Then repeat on right side.



Wall Hamstring/Groin: Lie on your back, scooting your butt up as close to the wall as possible. For hamstring stretch: legs straight to ceiling, keeping knees straight and bringing toes back. For groin stretch, keep knees straight and let legs fall out to side. Hold each pose for one minute, 2-3x each.



GREAT FOR GETTING LACTIC ACID OUT OF LEGS! MAKE SURE YOUR SHOES ARE OFF SO THEY DO NOT MARK THE WALL!

1/2 Prone Quadricep: Lie on stomach on table, with one leg on table, one leg as far forward on ground as possible. Bend knee back as far as possible. Use belt around foot if needed. Hold for one minute, 2-3x each side.



Thread-the-Needle ITB Stretch: On hands and knees, lift one leg up and over the opposite ankle, sliding foot down and back, keeping hips squared up until you feel a stretch on the outside of the hip on your bent leg. Hold for 60 seconds. If possible, add a "thread-the-needle" component by threading the arm opposite the bent leg through the space between the supporting arm and the bent leg. Repeat 2-3x on each side.



FOAM ROLLING