

Ready. Set. Prevent.

Injury Prevention & Performance Enhancement Program

Please use this guide in combination with our video at www.chop.edu/sportsmed, which shows an athlete performing all the exercises in this program.

Weeks 1-4

Warm-up
Dynamic Stretching
Strengthening Phase 1
Plyometrics Phase 1

After Week 4

Warm-up
Dynamic Stretching
Strengthening Phase 2
Plyometrics Phase 2

Warm-up ■ Do two 10- to 15-yard laps of each exercise. Rest 10 seconds between each exercise.

- Forward/backward shuttle run
- Side shuffle
- Carioca

Dynamic Stretching ■ Rest 10 seconds between each exercise.

- Inchworm stretch – 5 reps
- Spider stretch – 5 reps each side
- Straight-leg march – 10-15 yards
- Leg cradle – 10-15 yards

Strengthening ■ Rest 10 seconds between each exercise. Coaches and trainers should emphasize proper knee alignment, keeping knees behind toes, keeping knees shoulder-width apart and avoiding “knock-knee” position.

Phase 1 (weeks 1-4)

- Double-leg squat – 20 reps
- Alternating lunge – 20 reps
- Double-leg bridge (ball or ground) – 20 reps
- Side-lying plank – 3 reps per side, hold each rep 10 seconds

Phase 2 (after week 4)

- Single-leg squat – 10 reps each leg
- Side lunge – 10 reps each leg
- Single-leg bridge (ball or ground) – 10 reps each leg
- Side-lying plank – 3 reps per side, hold each rep 15 seconds

Plyometrics ■ Rest 10 seconds between each exercise. Coaches and trainers should emphasize proper knee alignment and soft landings.

Phase 1 (weeks 1-4)

- Wall jump – 15 reps
- Squat jump – 15 reps
- Double-leg low cone hop (side-to-side) – 15 reps
- 180° jump – 15 reps
- Jump, jump, vertical jump – 5 reps

Phase 2 (after week 4)

- Single-leg squat jump – 10 reps each leg
- Single-leg low cone hop (side-to-side) – 10 reps each leg
- Lunge jump – 10 reps
- Single-leg forward hop – 10 reps each leg