

# ACL INJURY PREVENTION PROGRAM

## DYNAMIC WARM UP 4 min

All dynamic warm ups are performed down the court and back

1. Jog: down court down and back twice
2. High kick/Toy Soldier: Kick up R leg, reach forward with L hand, raise R arm. Roll heel to toe on stance leg, alternating as you move forward. Make sure not to round your back.



3. Hip Cradle: In walking motion, grab ankle with one hand and pull in and up towards shoulder; push knee down w/ opposite hand. Think about rolling off toe you are standing on slowly.



4. Heel grab with opposite arm raise- pull foot to butt while raising opposite arm and slowly rolling on to toes as you transition forward. Point knee to ground, not out to the side.



5. Overhead walking lunge with thoracic extension: Step forward with right leg and lower your body to 90 degree bend at both knees. As you lower into lunge position, extend spine back with arms overhead. Alternate legs and repeat in a walking fashion. Don't let front knee extend beyond toes.



6. Side stepping maintaining squat  
Position: Squat down to 45 degrees and side step, keeping your toes pointing forward.

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## STRENGTH 4 min

*Partner to correct poor form*

1. **Single Leg Dribble:** Stand on one leg, slightly bend knee and dribble ball 30sec x 2. Keep your hip, knee and 2<sup>nd</sup> toe in a straight line.



2. **Squat with dribble:** Stand shoulder width apart with a 45 deg squat, followed by 30 deg, and 20 deg squat. Dribble the ball 10 bounces for each varying squat hold.



3. **Windmill with B-ball hand off :** Stand on one leg with ball lifted overhead. Keep standing leg straight and slowly bend forward at hips to pass ball to partner. Repeat 10 times on each leg without touching the ground if able.



4. **Push up with core stabilization:** Assume plank position and lower chest to basketball placed directly underneath you. Hold 3 seconds and repeat 10 times. Don't lift your hips or arch your back.



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## PLYOMETRICS 2-3 min

To be performed with partner

1. 180 deg jumps with partner chest pass:

Take off with bilateral feet, jump and rotate 180 degrees, land quietly with bilateral feet. Repeat, return to starting position and chest pass to partner 5 times. Try to keep hip, knees and feet in line with landing.



2. W (wolf) jumps: bilateral foot landing/take off through each X in a W shape, down and back-. Repeat 5 times.



3. Squat jump with partner chest pass:

standing jump, raise basketball overhead, land in squat position. Repeat 10 times. Quiet and equally on both feet. Pass to your partner and repeat a jump without the ball.

