
Basic Components of the ACL Prevention Program

1. Warm-up (50 yard each)
 - A. Jog line to line of soccer field (cone to cone)
 - B. Shuttle run (side-to-side)
 - C. Backward Running

2. Stretching (30 s x 2 reps each)
 - A. Calf stretch
 - B. Quadriceps stretch
 - C. Figure 4 Hamstring stretch
 - D. Inner thigh stretch
 - E. Hip Flexor stretch

3. Strengthening
 - A. Waling Lunges (20 yards x 2 sets)
 - B. Russian Hamstring (3 sets x 10 reps)
 - C. Single toe-raises (30 reps on each side)

4. Plyometrics (20 reps each)
 - A. Lateral hops over 2 to 6 inch cone
 - B. Forward/backward hops over 2 to 6 inch cone
 - C. Single leg hops over 2 to 6 inch cone
 - D. Vertical jumps with headers
 - E. Scissor jump

5. Agilities
 - A. Shuttle run with forward/backward running (40 yards)
 - B. Diagonal runs (40 yards)
 - C. Bounding run (45-50 yards)