



ACL Warm-Up

General Dynamic Warm-Up

Jog 20 metres
Jog Backwards 20 metres
Low Level Skip 20 metres
High Skips 20 metres
High Knees 20m out and back
Side step 20 metres out and back.
Carioca 20 metres out and back
Cross step 15 metres out and back
Rotating side step 20 metres

Dynamic Flexibility

Level 1 Static Spiderman Crawls 8 each leg
Level 2 Spiderman Crawls 8 repetitions
Inchworm 6 repetitions
Level 1 Static Lunge 10 each leg
Level 2 Walking Lunges 20 repetitions
Walking Quad Stretch 4 each leg (2 second hold)
Lateral Lunge 10 each leg
Hamstring 'starter' stretch 10 each leg
Level 1 Arabesque Double leg 10 repetitions
Level 2 Arabesque Split stance 8 each leg
Level 3 Arabesque Single leg 8 each leg
Partner Assisted Eccentric Hamstrings 6 each leg
Quickfire Hamstrings 20 repetitions

Plyometrics and Landing Patterns

Double Leg calf jump 10 repetitions
Calf Skips 10 metres
Level 1 Static Jumps into Sprints
Level 2 Countermovement Jumps into Sprints
Level 3 Tuck Jumps to sprint
Level 1 Step and hold, Controlled landing
Level 1 Step and hold Dynamic
Level 2+ Hop and Hold
Level 2+ Repeated Hops

Speed/Agility

Level 1 5 metre to 3 step deceleration (building in speed) - repeat over 20m
Level 2 10m sprint, stop, back pedal to 5m sprint to 15m repeating process to 20m
Level 3 15m sprint, back pedal to 10m sprint to 20m and decelerate.
Accelerate, Side Step, Accelerate
Side Step out and back to sprint
Diagonal cut