

Prairie



Preseason Training Program*

Shoulder, Elbow & Hand Center

Overview

3 days per week on alternating days (60-90 minutes)

Stretching: 3 sets of 30 seconds each (15-20 minutes)

Warm up: Skipping (2 laps), side shuffle (2 laps)

Plyometric jump training: Perform on mats, Rest 1-2 minutes between jumping exercises.

Rest period: Rest and Stretch (15 minutes)

Weight lifting: 1 set, 12 repetitions for upper body and 15 repetitions for lower body.

Post-training: Cool down walk (2 minutes), stretching (5 minutes).

Stretching

1. Calf stretch 1
2. Calf Stretch 2: soleus
3. Quadriceps
4. Hamstrings
5. Hip Flexors
6. Iliotibial band/lower
7. Posterior Deltoids
8. Latissimus dorsi
9. Pectoralis/biceps

Weight Training

1. Abdominal Curl
2. Back Hyperextension
3. Leg Press
4. Calf Raise
5. Pullover
6. Bench Press
7. Latissimus dorsi pull down
8. Forearm Curl
9. Warm-down/short stretch

Plyometric Jump Training Program

Exercise	Duration or Repetitions by Week	
<i>Phase I: Technique</i>	<i>Week 1</i>	<i>Week 2</i>
1. Wall jumps	20 sec	25 sec
2. Tuck jumps	20 sec	25 sec
3. Broad jumps stick (hold) landing	5 reps	10 reps
4. Squat jumps	10 sec	15 sec
5. Double-legged cone jumps	30/30 sec	30/30 sec (side-to-side and back-to-front)
6. 180 deg. jumps	20 sec	25 sec
7. Bounding in place	20 sec	25 sec
<i>Phase II: Fundamentals</i>	<i>Week 3</i>	<i>Week 4</i>
1. Wall jumps	30 sec	30 sec
2. Tuck jumps	30 sec	30 sec
3. Jump, jump, jump, vertical jump	5 reps	8 reps
4. Squat jumps	20 sec	20 sec
5. Bounding for distance	1 run	2 runs

6. Double-legged cone jumps	30 sec/30 sec	30 sec/30 sec (side-to-side & back-to-front)
7. Scissors jump	30 sec	30 sec
8. Hop, hop, stick landing	5 reps/leg	5 reps/leg

<i>Phase III: Performance</i>	<i>Week 5</i>	<i>Week 6</i>
1. Wall jumps	30 sec	30 sec
2. Step, jump up, down, vertical	5 reps	10 reps
3. Mattress jumps	30 sec/30 sec	30 sec/30 sec (side-to-side & back-to-front)
4. Single-legged jumps distance	5 reps/leg	5 reps/leg
5. Squat jumps	25 sec	25 sec
6. Jump into bounding	3 runs	4 runs
7. Hop, hop, stick landing	5 reps/leg	5 reps/leg

Glossary of Jump Training Exercises

- 180° Jumps:** Two-footed jump. Rotate 180° in mid-air. Hold landing for 2 seconds and then repeat in reverse direction.
- Bounding for Distance:** Start bounding in place & slowly increase distance with each step, keeping knees high.
- Bounding in Place:** Jump from one leg to the other straight up & down, progressively increasing rhythm & height.
- Broad Jumps-Stick (hold) Landing:** Two-footed jump as far as possible. Hold landing for 5 seconds.
- Cone Jumps:** Double-legged jump with feet together. Jump side-to-side over cones quickly. Repeat forward & backward.
- Hop, Hop Stick:** Single-legged hop. Stick second landing for 5 seconds. Increase distance of hop as technique improves.
- Jump into Bounding:** Two-footed broad jump. Land on single leg, then progress into bounding for distance.
- Jump, Jump, Jump, Vertical:** Three broad jumps with vertical jump immediately after landing the third broad jump.
- Mattress Jumps:** Two-footed jump on mattress, tramp, or other easily compressed device. Perform side-to-side and back-to-front.
- Scissors Jump:** Start in stride position with one foot well in front of other. Jump up, alternating foot positions in mid-air.
- Single-Legged Jumps, Distance:** Single-legged hop for distance. Hold landing (knee bent) for 5 seconds.
- Squat Jumps:** Standing jump raising both arm overhead, land in squatting position touching both hands to floor.
- Step, Jump Up, Down, Vertical:** Two-footed jump onto 6- to 8-inch step. Jump off step with two feet, then vertical jump.
- Tuck Jumps:** From standing position jump, and bring both knees up to chest as high as possible. Repeat quickly.
- Wall Jumps (Ankle Bounces):** With knees slightly bend & arms raised overhead, bounce up and down off toes.

*Hewitt, et al. American Journal of Sports Medicine 1999

ACL Injury **High Risk Techniques**

“Avoid”

1. Straight Leg Landing
2. One step stop
3. Plant and cut

ACL Injury **Prevention Techniques**

“Use”

1. Land with bent knees and hips
2. 3 step stop
3. Rounded accelerated turn