

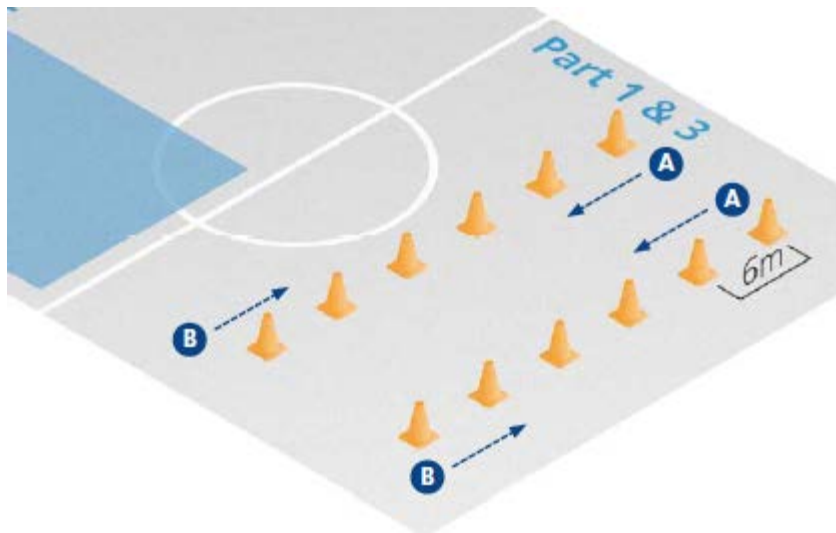
## ACL Prevention Program

(Adapted from FIFA 11+ Program)

*The program is comprised of three parts with a total of 15 exercises, which should be performed in the specific sequence at the start of each training session.*

*\*\*Indicate video instruction included*

### FIELD SET-UP



## Part I – running exercises (6)



### **PART 1: RUNNING EXERCISES**

- 1) **Jog straight to cone** - run slightly more quickly on the way back. Perform twice.
  - a. Make sure you keep your upper body straight.
  - b. Your hips, knees, and feet should be aligned.
  - c. Do not let your knees buckle inwards.
- 2) **Running hip out** – jog to the first cone. Stop and lift your knee forwards. Rotate knee to the side and put your foot down. Jog to the cone and do the exercise on the other leg. When you have finished the course, jog back. Perform twice.
  - a. Make sure you keep your pelvis horizontal and core still.
  - b. The hip, knee and foot should be aligned.
  - c. Do not let the knee of the supporting leg buckle inwards.
- 3) **\*\*Running hip in** – jog to the first cone. Stop and lift your knee to the side. Rotate knee forwards and put your foot down. Jog to the next cone and do the exercise on the other leg. When you have finished the course, jog back. Perform twice.
  - a. Make sure you keep your pelvis horizontal and core still.
  - b. The hip, knee, and foot of the supporting leg should be aligned.
  - c. Do not let the knee of the supporting leg buckle inwards.

- 4) **\*\*Running circling partner** – jog forwards to the first cone. Shuffle sideways at a 90-degree angle towards your partner, shuffle an entire circle around one another (without changing the direction you are looking in) and back to the first cone. Jog to the next cone and repeat the exercise. When you have finished the course, jog back. Perform twice.
  - a. Bend at your hips and knees slightly and carry body weight on the balls of your feet.
  - b. Do not let your knees buckle inwards.
- 5) **\*\* jumping with shoulder contact** – jog to the first cone. Shuffle sideways at a 90-degree angle towards your partner. In the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Shuffle back to the first cone. Then jog to the next cone and repeat the exercise. When you have finished the course, jog back. Perform twice.
  - a. Land on both feet with your hips and knees bent.
  - b. Do not let your knees buckle inwards.
- 6) **Running quick forwards and backwards sprints** – run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forward and one cone backwards. When you have finished the course, jog back. Perform twice.
  - a. Make sure you keep your upper body straight.
  - b. Your hips, knees and feet should be aligned.
  - c. Do not let your knees buckle inwards.

## Part II – preventive exercises (6) (3 levels; here level 1)



### **PART 2: STRENGTH, PLYOMETRICS AND BALANCE EXERCISES**

- 1) **\*\*A. The bench static** – start by lying on your front, supporting yourself on your forearms and feet. Lift your upper body, pelvis and legs up until your body is in a straight line from head to foot. Draw your shoulder blades in towards your spine so they lie flat against your back. Your elbows are directly under your shoulders. Pull in your stomach and gluteal muscles and hold position for 20-30 seconds. Return to starting position. Repeat 2 times.  
**\*\*B. Alternate legs** – progression from the bench static. Lift each leg in turn, holding for a count of 2 seconds. Continue for 40-60 seconds. Return to starting position, take a short break and repeat 2 times.  
**\*\*C. One leg lift and hold** – progression from alternate legs. Lift one leg about 10-15 centimeters off the ground and hold position for 20-30 seconds. Return to starting position, take a short break and repeat on the other leg. Perform 3 sets on each leg.
  - i. Do not tilt your head backwards, sway or arch your back, or raise your buttocks.
- 2) **\*\*A. Sideways bench static** – start by lying on your side with the knee of the lowermost leg bent to 90 degrees and supporting yourself on your forearm and lowermost leg. Lift

your pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 seconds. The elbow of your supporting arm is directly under your shoulder. Return to the starting position, take a short break and repeat the exercise on the other side. Perform 3 sets on each side.

**\*\*B. Sideways bench raise and lower hip** – progression from sideways bench static. Lower your hips to the ground and raise them back up again. Repeat for 20-30 seconds. The elbow of your supporting arm is directly under your shoulder. Take a short break, change side and repeat. Perform 3 sets on each side.

- a. Do not rest your head on your shoulder, let your pelvis tilt downwards, or tilt your shoulders, pelvis or legs forwards or backwards.

- 3) **\*\*A. Hamstrings beginner** – start by kneeling on a soft surface with knees hip-width apart and crossing your arms across your chest. Your partner kneels behind you with both hands and grips your lower legs just above the ankles while pushing them with his body weight to the ground. Your body should be completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. Perform 3-5 repetitions.

**B. Hamstrings intermediate** – Perform 7-10 repetitions.

**C. Hamstrings advanced** – Perform 12-15 repetitions.

- 4) **\*\*A. Single-leg stance hold the ball** – stand on one leg and hold the ball in front of you in both hands. Bend your knee and hip slightly so that your upper body leans forwards slightly. Hold the raised leg slightly behind the supporting leg. Hold your balance and keep your body weight on the ball of your foot. Hold for 30 seconds, change legs and repeat. The exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your knee. Perform 2 sets, 30 seconds on each leg.

**\*\*B. Single-leg balance throwing the ball** – progression from holding the ball. Keep your balance while you throw the ball to your partner. Perform 2 sets, 30 seconds on each leg.

**\*\*C. Single-leg balance test your partner** – progression from throwing the ball. Keep your balance while you and your partner try and push the other off balance in different directions. Keep returning to the starting position. Perform 2 sets, 30 seconds on each leg.

- i. Keep your pelvis horizontal.
- ii. Do not let your knee buckle inwards or let your pelvis tilt to the side.

- 5) **\*\*A. Squats with toe raise** – stand with your feet hip-width apart and hands on your hips. Slowly bend your hips, knees and ankles until your knees are flexed to 90 degrees. Lean your upper body forwards then straighten your upper body, hips and knees. When your knees are completely straight, stand up on your toes and slowly lower yourself down again. Perform 2 sets, 30 seconds each.

**B. \*\*Squats walking lunges** – progression from squats. Lunge forward slowly at an even pace. As you lunge, bend your hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. Keep your upper body straight and your pelvis horizontal. Perform 2 sets, 10 lunges on each side.

**C. \*\*Squats one-leg squats** – progression from walking lunges. Stand next to a partner so that you can both loosely hold one to each other. Hold the raised leg slightly behind the supporting leg. Bend your knee at the same time as your partner. Slowly bend the knee, if possible until it is flexed to 90 degrees, and straighten up again. Perform 2 sets, 10 squats on each leg.

- i. Do not let your knee buckle inwards, extend your knee beyond your toes or twist/tilt your pelvis to the side.

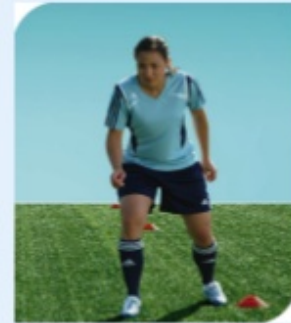
6) **\*\*A. Jumping vertical jumps** – stand with your feet hip-width apart and your hands on your hips. Slowly bend your hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Hold this position for 1 second, then jump as high as you can. While you jump, straighten your whole body. Land softly on the balls of your feet. Perform 2 sets, 30 seconds each.

**\*\*B. Jumping lateral jumps** – progression from vertical jumps. Jump approximately 1 meter to the side from your supporting leg onto your other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold position for about a second and then jump onto the other leg. Keep your body stable and facing forwards and your pelvis horizontal. Perform 2 sets, 30 seconds each.

**\*\*C. Jumping box jumps** – progression from lateral jumps. Start with feet hip-width apart and imagine there is a cross marked on the ground and you are standing in the middle of it. Bend your hips, knees and ankles and from this position alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Land gently on the balls of your feet and bend knees and ankles. Lean your upper body forwards slightly throughout the exercise. Perform 2 sets, 30 seconds each.

- i. Never let your knees meet and do not let them buckle inwards.
- ii. Do not land with extended knees or on your heels.

## Part III – running exercises (3)



### **PART 3: RUNNING EXERCISES**

- 1) **Running across the pitch** – run approximately 40 meters across the field at about 75-80% maximum pace, then jog the rest of the way. Jog back at an easy pace. Perform 2 times.
- 2) **\*\*Bounding** – take a few warm-up steps then take 6-8 bounding steps with a high knee lift and jog the rest of the way. With each bound, try to lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Jog back at an easy pace. Perform 2 times.
- 3) **\*\*Plant and cut** – jog four to five steps straight ahead. Then plant on the right leg and cut to change direction to the left and accelerate again. Sprint for 5-7 steps (at 80-90% of maximum pace) before you decelerate and plant on the left foot and cut to change direction to the right. Repeat the whole length of the field and jog back. Perform 2 times.