

# ACL Armor Warm-Up (Twice a week)

## 1 – Drop Lunge & Scissor Jumps (30 yards)

**Purpose:** Increase leg strength and train agility by lowering your center of gravity when stopping.

- Walking lunges where one knee touches the turf.
- Repeat going the opposite direction doing small scissor jumps between each lunge.

## 2 – Standing Squats

**Purpose:** Increase leg strength and promote keeping hips, knees, and ankles in line.

- Place feet shoulder width apart with hands crossed on chest.
- 2 sets of 10 reps. Keep knees in line with toes. Stay upright. Thighs parallel ground at bottom.

## 3 – Forward Backward Shuttle Run (30 yards)

**Purpose:** Promote optimal center of gravity control when changing directions and improves agility.

- Run forward 10 yards and drop down into a crouch to touch the ground.
- Go backward 5 yards and drop down into sprinter's start stance. Continue 10 yards forward, 5 yards back until reaching midfield. Low center of gravity at change in direction. 2 sets.

## 4 – Line Jumps

**Purpose:** Increase dynamic stability of the ankle/knee/hip complex during jumping and landing.

- 15 reps two legged sideways over line (2 jumps=1 rep). 15 reps two legged vertically over line.
- 15 reps one legged jumps over line. 15 reps with opposite leg over the line.

## 5 – Diagonal Bounds (forward right, forward left, backward right, backward left)

**Purpose:** Increase dynamic stability of the ankle/knee/hip complex and improve agility.

- Low center of gravity. Drive off the outside leg. Pause slightly in center after each bound. 5 sets

## 6 – Rocket Jumps

**Purpose:** Increase power and dynamic stability of the ankle/knee/hip during jumping and landing.

- Relaxed stance with feet about shoulder-width apart and arms close to the body.
- Jump as high as you can. Land with knees bent slightly. Two sets of 10 jumps.

## 7 – 10/5 Lateral Shuttle (30 yards)

**Purpose:** Improve dynamic stability of the ankle/knee/hip during change of direction.

- Side shuffle using quick little steps for 10 yards. Reverse back 5 yards. Repeat to 30 yards.
- Face the same cardinal direction and repeat the 10/5 shuffle the other direction.

## 8 – Stretch as Needed

**Purpose:** Stretch any lingering muscle tightness to get ready for today's training session.