

Ensure you have something to put a hand on if you need help with your balance. If any of these are painful, please consult your physical therapist.

- 1 Single Leg Diagonal Hop**  
2 sets of 20 reps/leg  
Start on one foot and hop from side to side as you move forward. Try to land softly and allow your knee to softly bend when you land to help explode into the next hop.
- 2 Nordic Curls**  
3 sets of 5 reps  
Have a partner hold your heels down. Keep your body from your knees to your head straight as you lower yourself towards the floor as slowly as possible. Pull yourself back up to the starting position.
- 3 Shuttle Sprint**  
5 reps in each direction  
Sprint to the middle cone, cut and run towards the cone on the right, turn and run for the far left cone, and then run past the far right cone.
- 4 Side Plank Plus Sidelying Hip Abduction**  
2 sets of 20 reps/side  
Start in a side plank position. Engage your glutes and abdominals to make your body into a straight line. Raise the top leg straight up and return to the start position.
- 5 Blinded Single Leg Hop**  
2 sets of 20 reps  
Cover your eyes or keep them closed. Try to hop as high as you can while landing softly, and exploding into the next hop.



Scan the QR code to watch the free demo videos of these exercises or go to [movementforlife.com/acl-injury-prevention](https://movementforlife.com/acl-injury-prevention)

## want more?

Visit [move.yourHEP.com](https://move.yourHEP.com) to get a free soccer injury prevention program accredited by the Journal of Sports and Orthopedics.



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