

1. Tripling & turn 2x, warm-up

Turn every 5 to 6 steps 90 degrees till you made a full 360

Keep your upper body straight

Keep your pelvis straight

No knock-kneed legs

Make controlled little steps, so keep your knees low

Unwinding from toes to heel



2. Skipping & turn 2x, warm-up

Turn every 5 to 6 steps 90 degrees till you made a full 360

Keep your upper body straight

Keep your pelvis straight

No knock-kneed legs

Raise your knees HIGH

Land always on the front of your foot



3. Bouncing in place 2x, warm-up

Keep your upper body straight

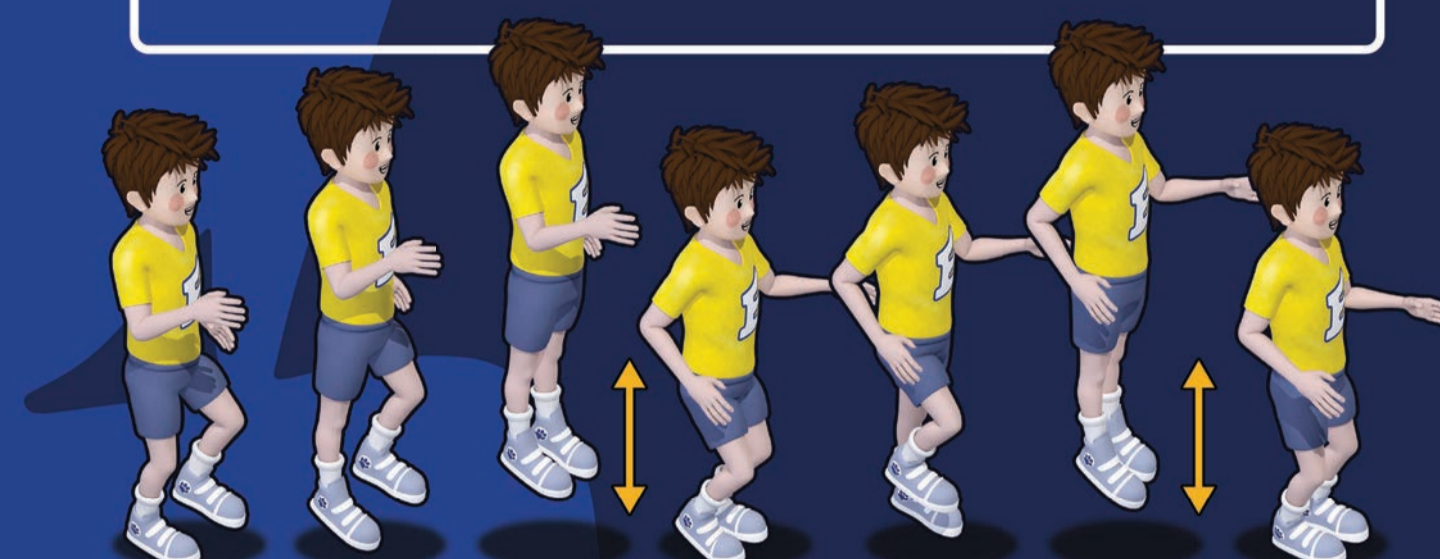
Keep your pelvis straight

Raise knee alternately

No knock-kneed legs

Land on both feet at the same time

Land on front of the foot



4. Sprint Forward and Backward 2x, agility

Sprint forward

Arms rotate only from the shoulders

Raise knee high and towards your chest

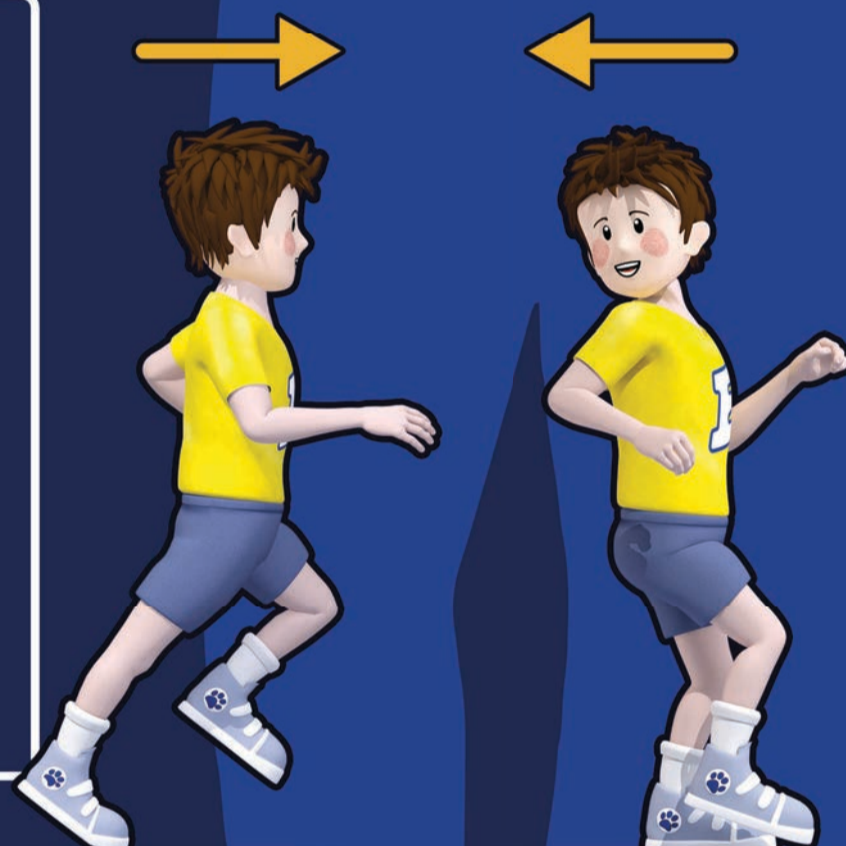
Hold your toe towards your shin while you run

Sprint backward

Fall backward with your entire body

Notice you're landing under your body

Mimic forward sprint



5. Buttkick 1x, agility

Keep your upper body straight

Keep your pelvis straight

Heel towards buttocks

No knock-kneed legs

Land always on front foot



6. Zig zag shuffle 1x, agility

Make yourself small with your upper body bend forward

Your knees are bent all the time

Keep the movement light on the front of your feet

Shuffle from cone to cone, touch every cone with your hand

If you reach the last cone, you go backwards to the start

Extra: At the end, go backward Place the cones in a zig zag pattern



7. Squat 2x, strength

Shoulder-width stance

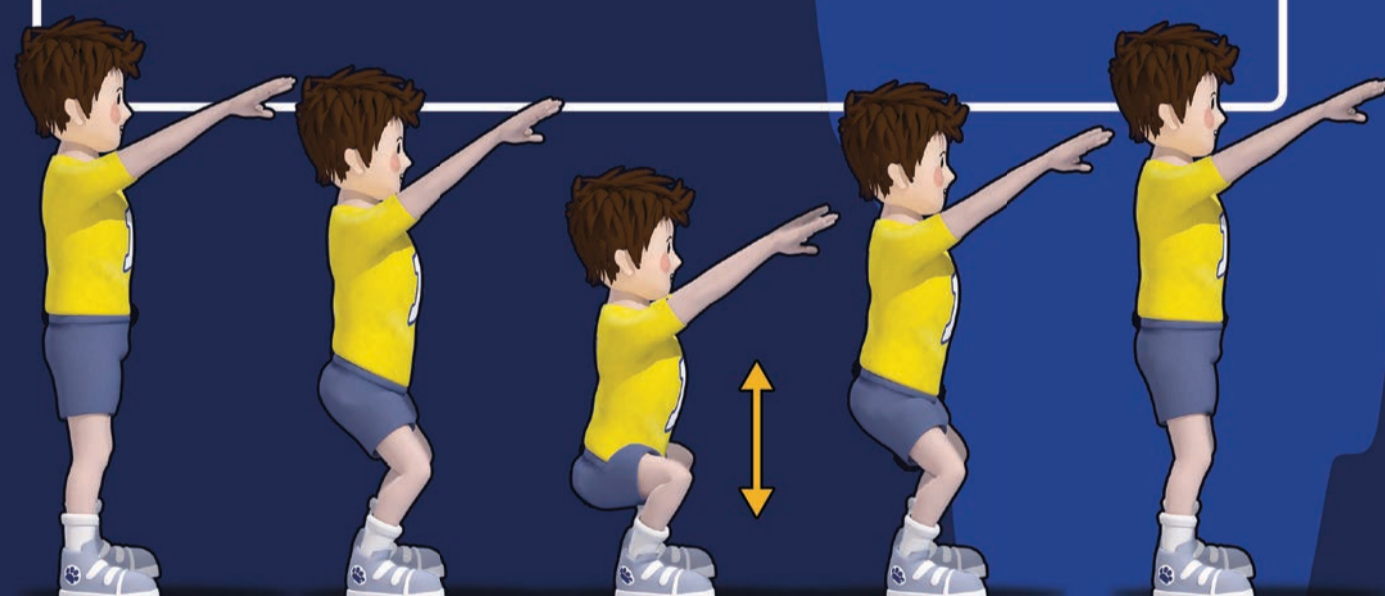
Hips descend and down

Hips descend lower than knees

Lumbar curve maintained

Heels down

Knees in line with toes



8. Forward lunge 2x, strength

Keep your upper body straight

One leg step forward

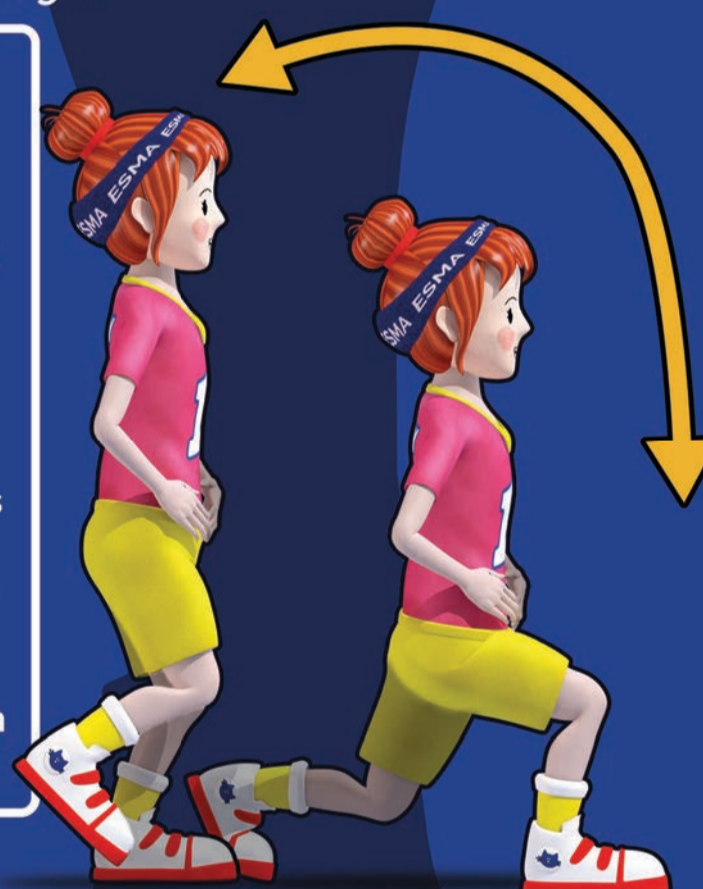
Keep heel of forward leg down

Lower upper body until backward knee touches the ground

Forward leg shin remains relatively vertical

Complete at full hip and knee extension

Go back up and do it with the opposite leg



9. Single leg balance, straight, 1x each leg, balance

Upper body straight, align with your standing leg

Keep the pelvis straight

Hold your position as long as you can for a few seconds. The longer the better.

Keep knee of straight

Change legs

Extra challenge: Try it with your eyes closed



10. Bounding in place 2x5, plyometrics (jumping)

Jump up

Upper body after landing as deep as you can

Keep your pelvis straight

Keep your balance as long as you can

Change legs

Land on one foot and hold your balance



11. Double leg broad jump 1x, plyometrics (jumping)

Jump off deep

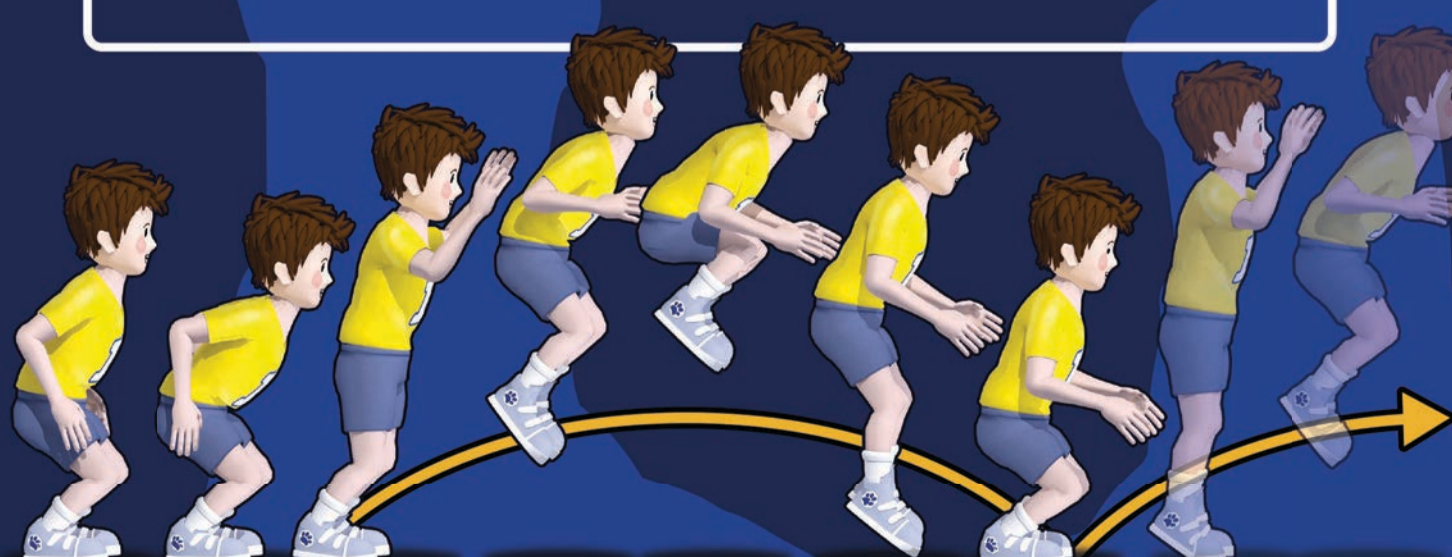
Land deep and land on both feet

Keep your pelvis straight

Jump as far as you can

No knock-kneed legs

Strain both legs



You want to know more about ACL protection for all?
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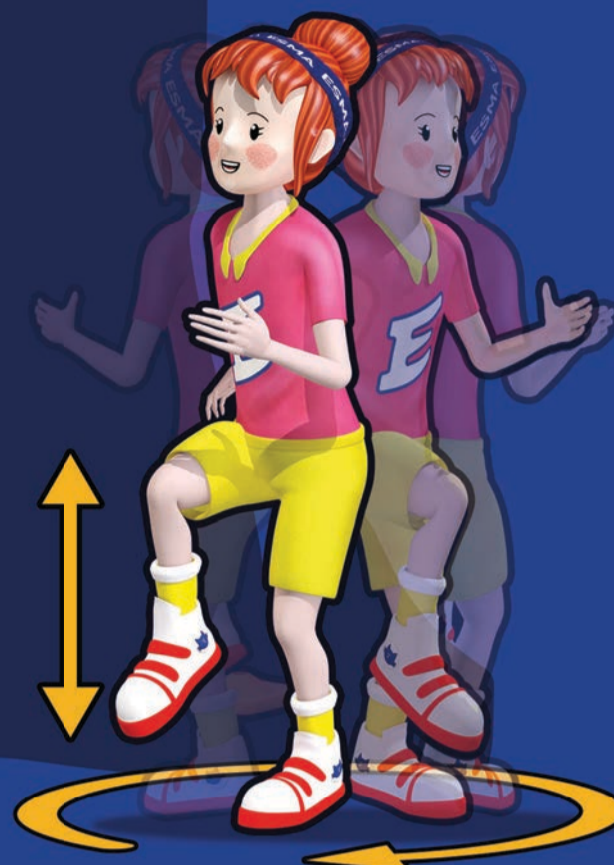
Keep your upper body straight

Keep your pelvis straight

No knock-kneed legs

Raise your knees HIGH

Land always on the front of your foot



3. Bouncing in place 2x, warm-up

Keep your upper body straight

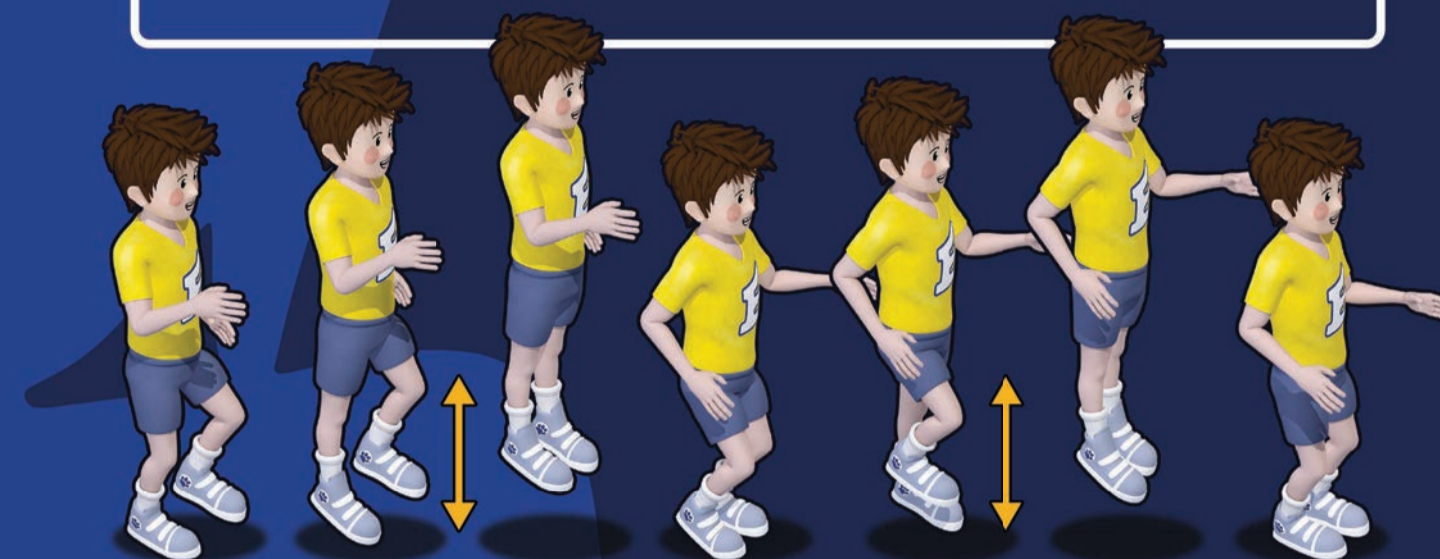
Keep your pelvis straight

Raise knee alternately

No knock-kneed legs

Land on both feet at the same time

Land on front of the foot



4. Sprint Forward and Backward 2x, agility

Sprint forward

Arms rotate only from the shoulders

Raise knee high and towards your chest

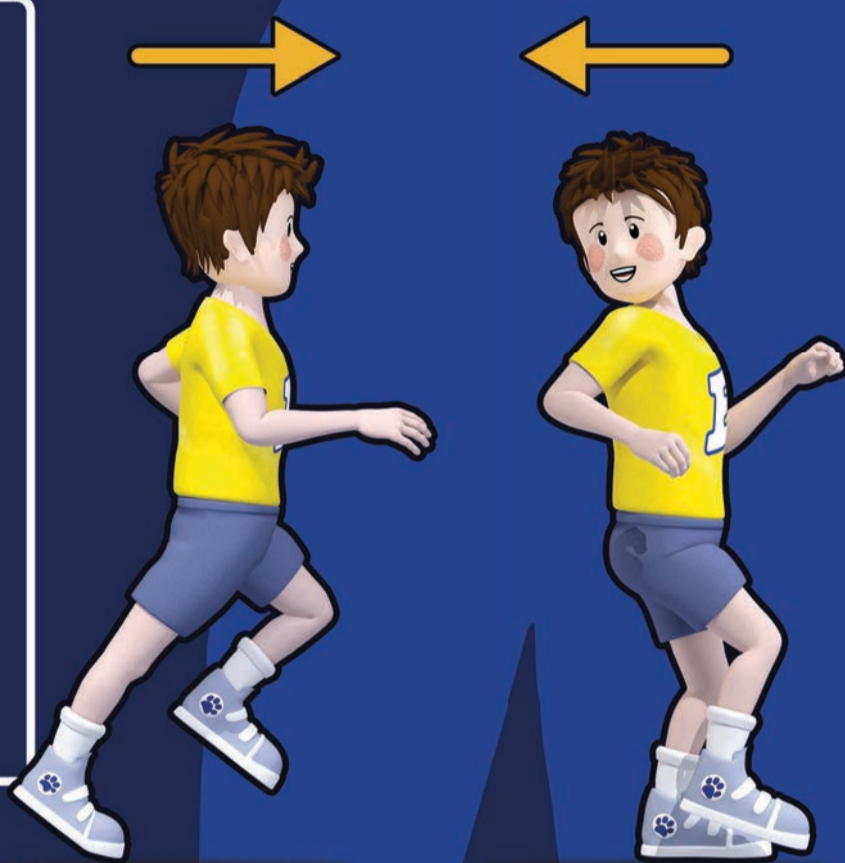
Hold your toe towards your shin while you run

Sprint backward

Fall backward with your entire body

Notice you're landing under your body

Mimic forward sprint



5. Diagonal run and cut each leg 1x, agility

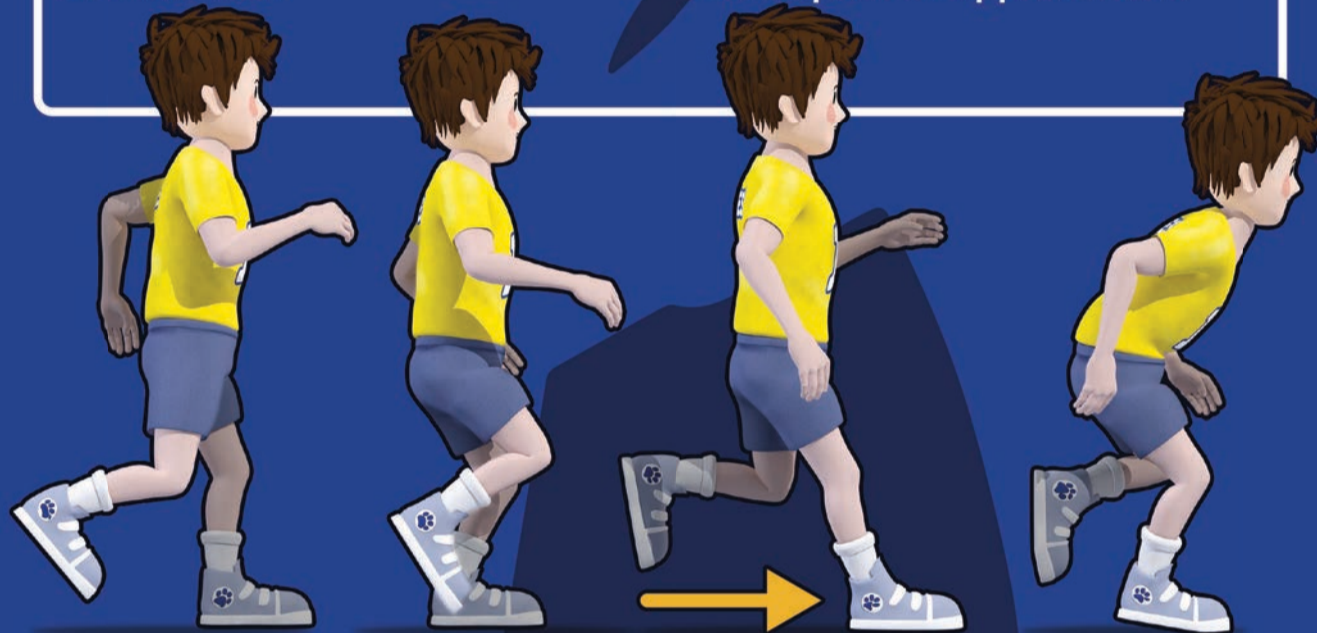
Take a few steps to one side

Keep your pelvis straight

And the knee stacked over the toes

Hold your position as long as you can for a few seconds. The longer the better

Then repeat on opposite side



6. Single leg squats each leg 2x, strength

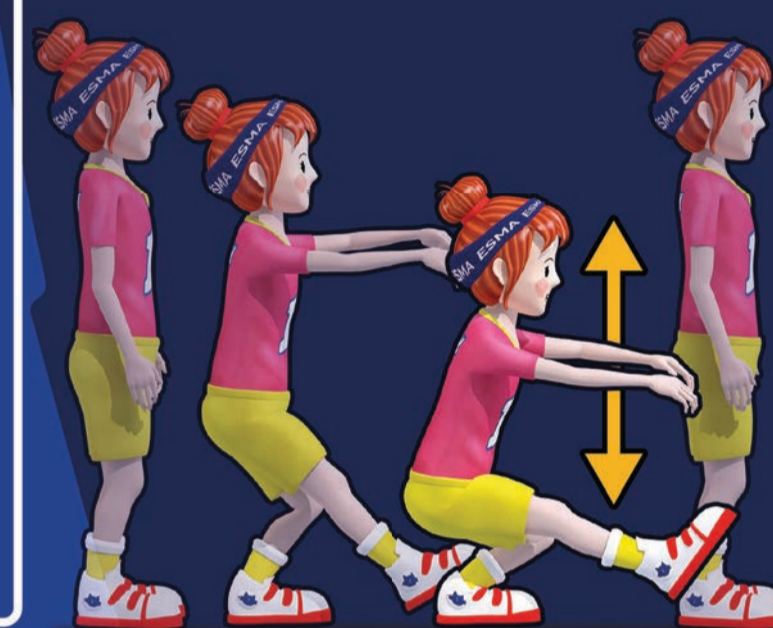
Keep your chest up as much as possible

Hips descend back and down

The knee of the working leg stays in line with the toes

Extend one leg and keep the foot from touching the floor

Heels stay down



7. Lunge walk 2x, strength

Step forward with one leg

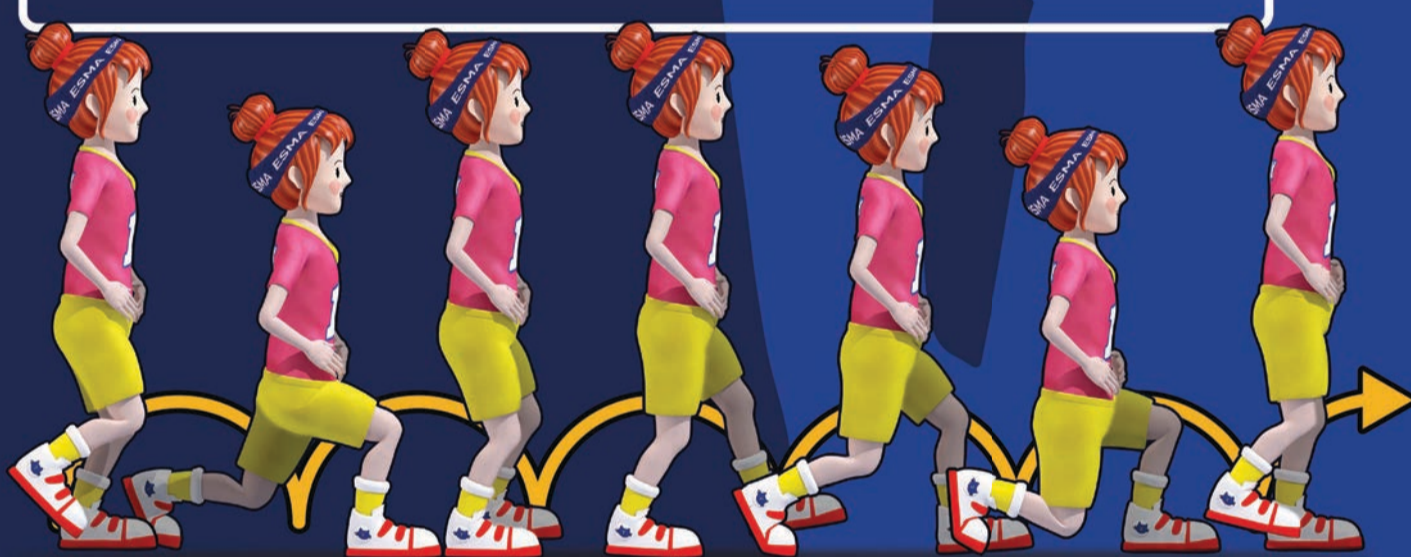
Front heel stays down

Lower until the back knee touches the ground

Pull yourself forward to standing with the front leg

Opposite leg begins next long step

Complete at full hip and knee extension



8. Single leg balance on an unstable surface, straight, 1x each leg, balance

Balance, on an unstable surface

Extra challenge: Try it with your eyes closed

Upper body straight, align with your standing leg

Keep the pelvis straight

Hold your position as long as you can for a few seconds. The longer the better.

Keep knee of straight leg

Change legs



9. Single leg balance on an unstable surface, bend, 1x each leg, balance

Balance, on an unstable surface

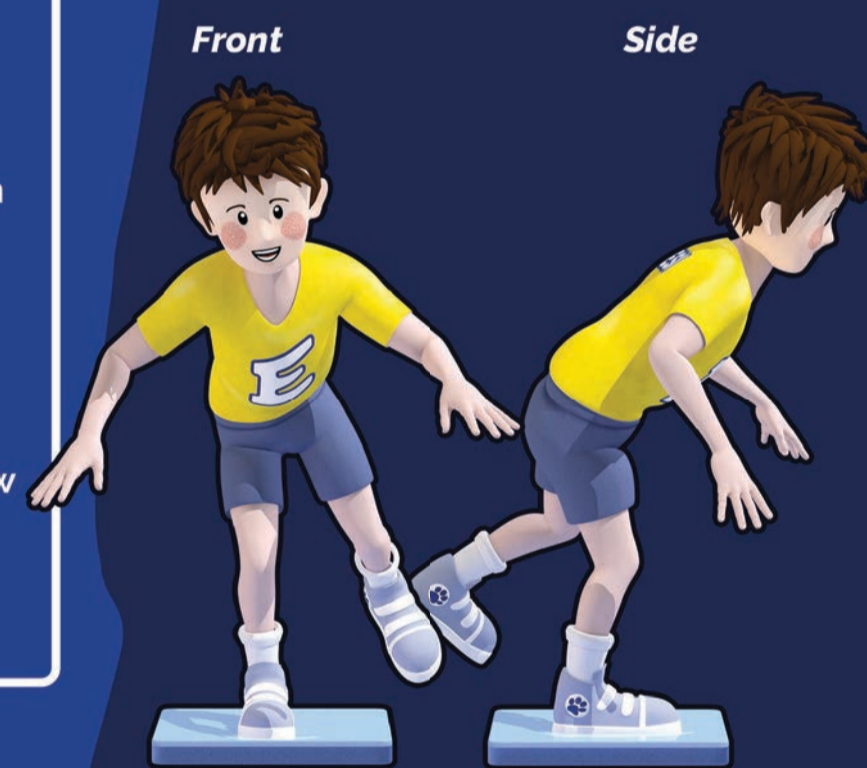
Extra challenge: Try it with your eyes closed

Start with your upper body straight, align with your standing leg

Then bend your upper body as far as you can forward

Hold your position as long as you can for a few seconds. The longer the better

Change legs



10. Knee lift 1x, balance

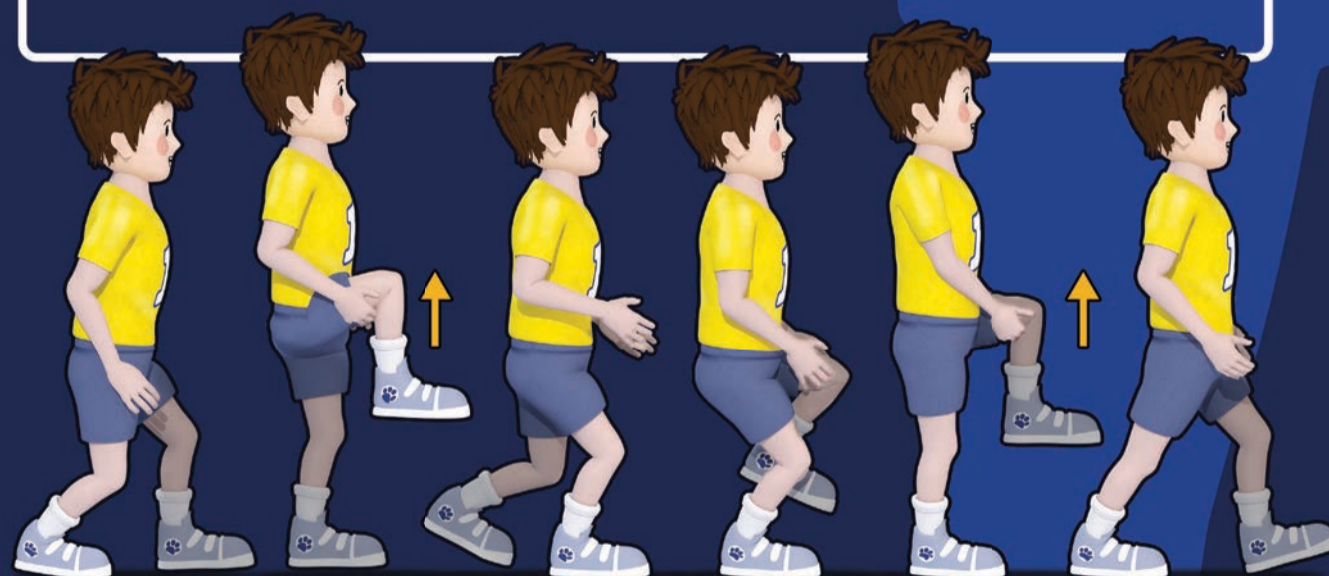
Upper body straight

Keep the pelvis straight

Raise the knee and hold the upper leg

No knock-kneed legs

Stretch the leg you are standing on, in a controlled way



11. Squat jump in place and sprint 2x4, plyometrics (jumping)

Upper body straight

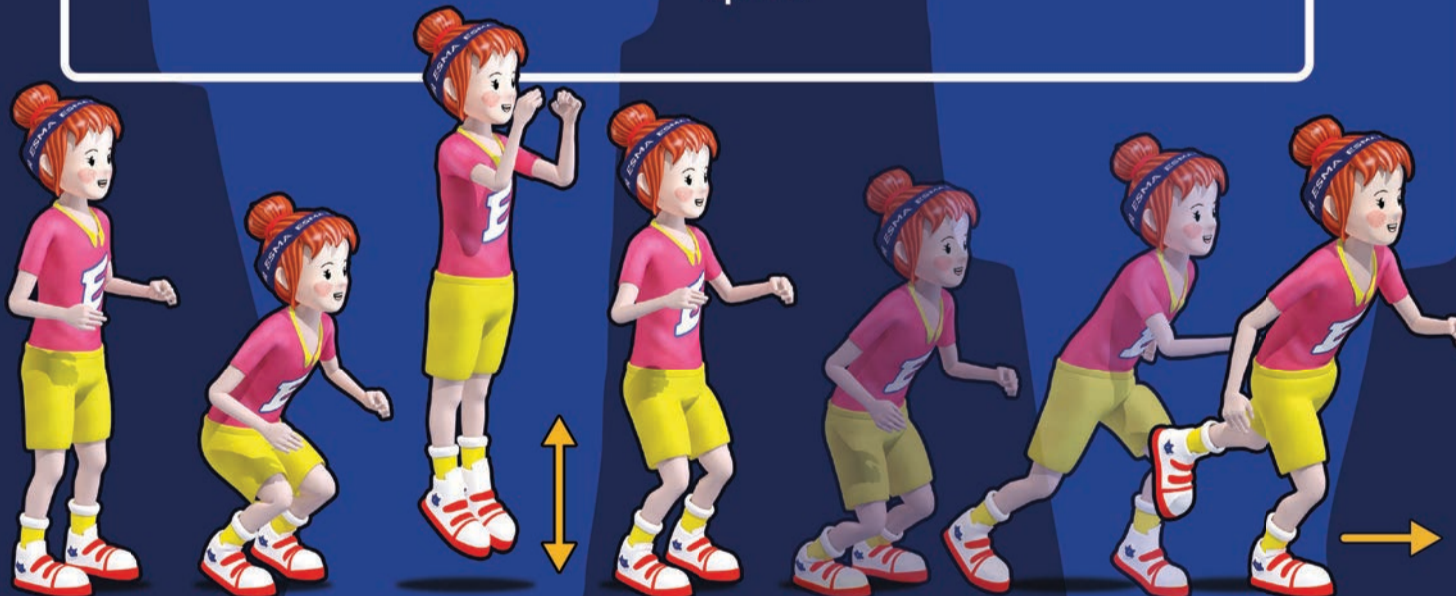
Keep the pelvis straight

No knock-kneed legs

Pay attention to feet placement when start sprinting

Land always on both feet

Jump 2x and make an explosive sprint



12. Squat Jump 2x4, plyometrics (jumping)

Start with your feet wide and your chest up

Bring your butt down and back to above the knee line, the squat

Drive your arms up and push yourself of the floor, and jump to the side

Make a line to jump over



13. Cross Hop 2x4, plyometrics (jumping)

Upper body straight

Keep the pelvis straight

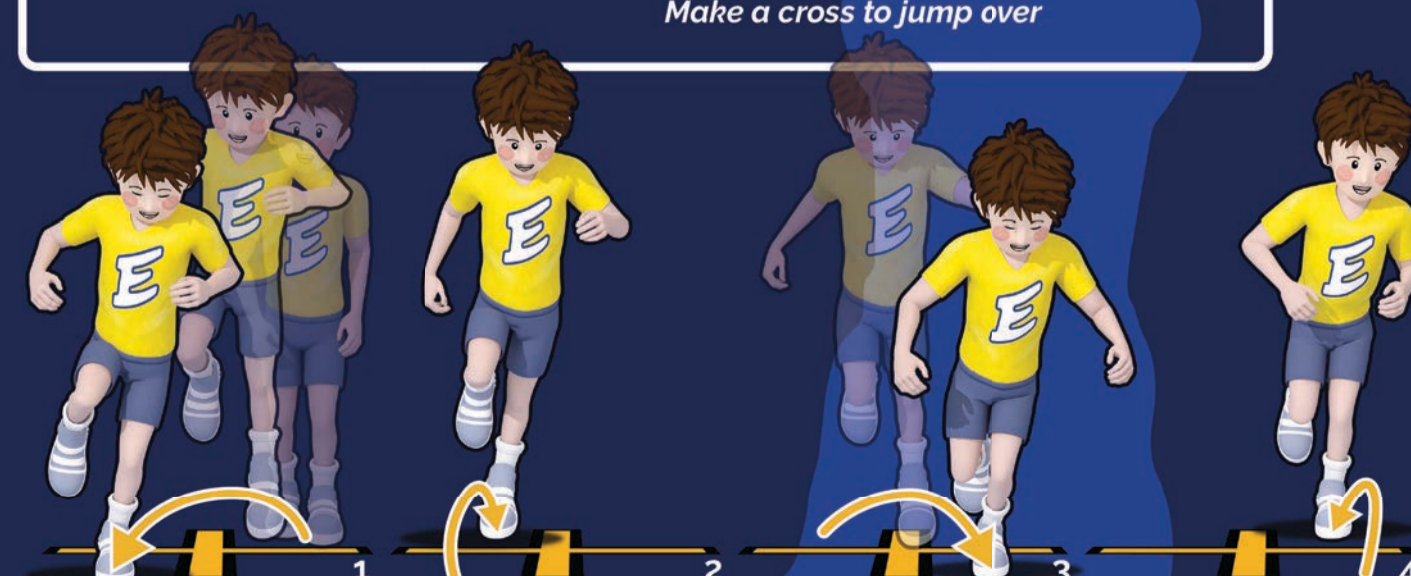
Jump softly so you nicely bend your knees

Make small jumps, start slow and next round a big quicker

Land on ONE leg

Repeat with the other leg

Make a cross to jump over



14. Scissor Jump in place and run 2x5 then a short sprint, plyometrics (jumping)

Upper body straight

Keep the pelvis straight

No knock-kneed legs

Stay low while jumping

Land always on both feet

Jump 2x and make an explosive sprint



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Warm-up 3

1. Skipping for-, side- and backward 2x, warm-up

Make a little square 1m x 1m with 4 cones

One time start left, one time start right

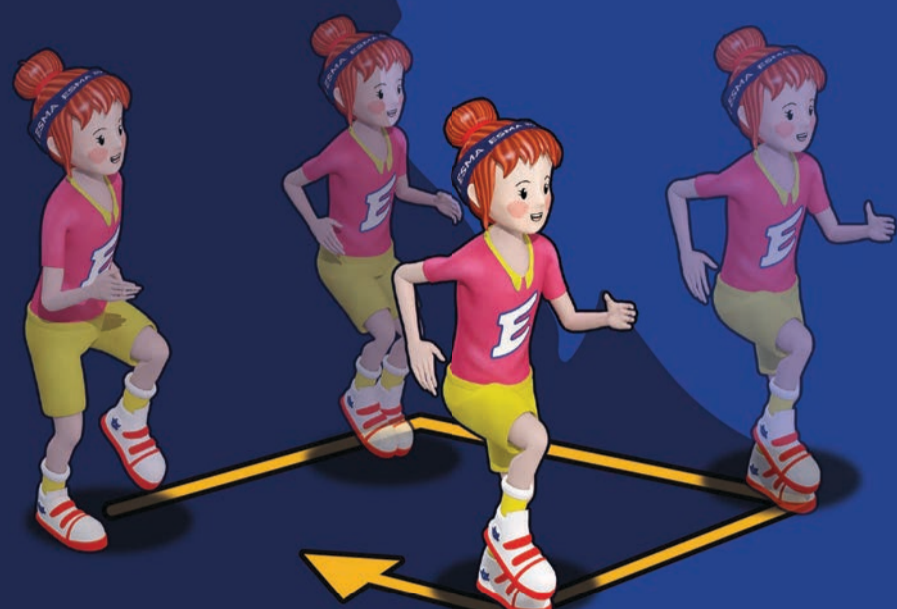
Upper body straight

Keep the pelvis straight

Keep the pelvis straight

Raise your knees

Land always on front foot



2. Plant and cut athletic movement 2x, agility

Jog about 15 steps

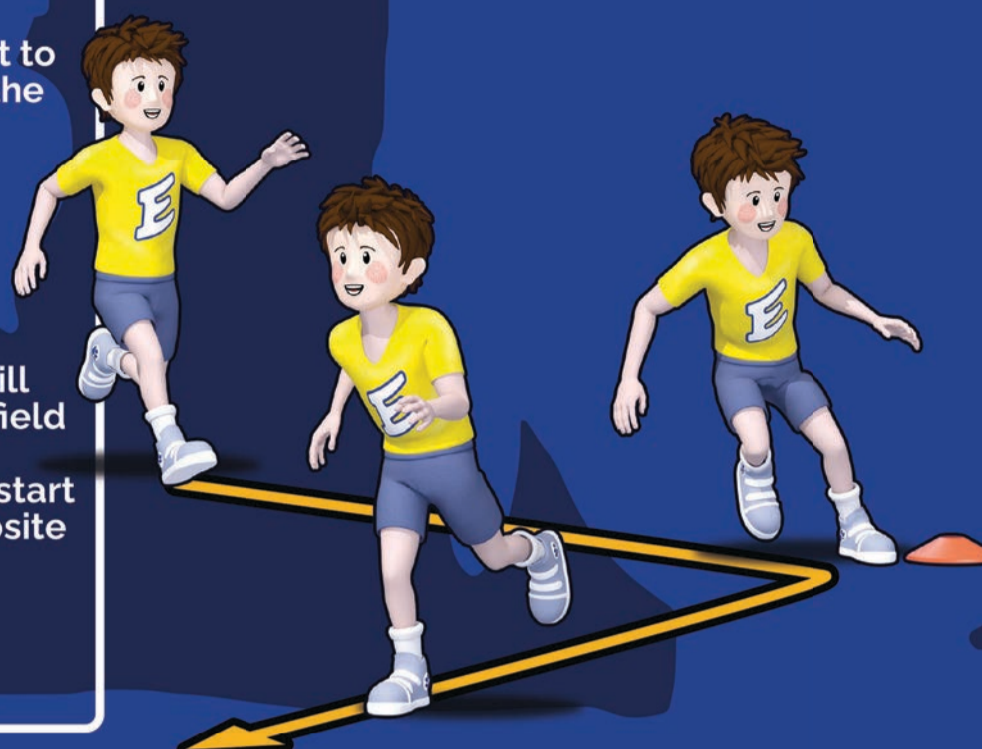
Plant your leg and cut to change direction to the other side

Accelerate again

Do not let your knee buckle in

Repeat the exercise till the other side of the field

Then jog back to the start and repeat it on opposite side



3. Squat Jump 2x4, plyometrics (jumping)

Start with your feet wide and your chest up

Bring your butt down and back to above the knee line, the squat position

Drive your arms up and push yourself off the floor, and jump to the side

Land on both feet in squat position and repeat to the other side



4. Single leg hops with stabilization 2x4, balance

Bend at the hips

Flex your trunk

Bend your knees deeply

Make sure your knees are in line with your toes

Don't let your knees cave in

Land softly



5. 180 Jump with stabilization 2x4, balance

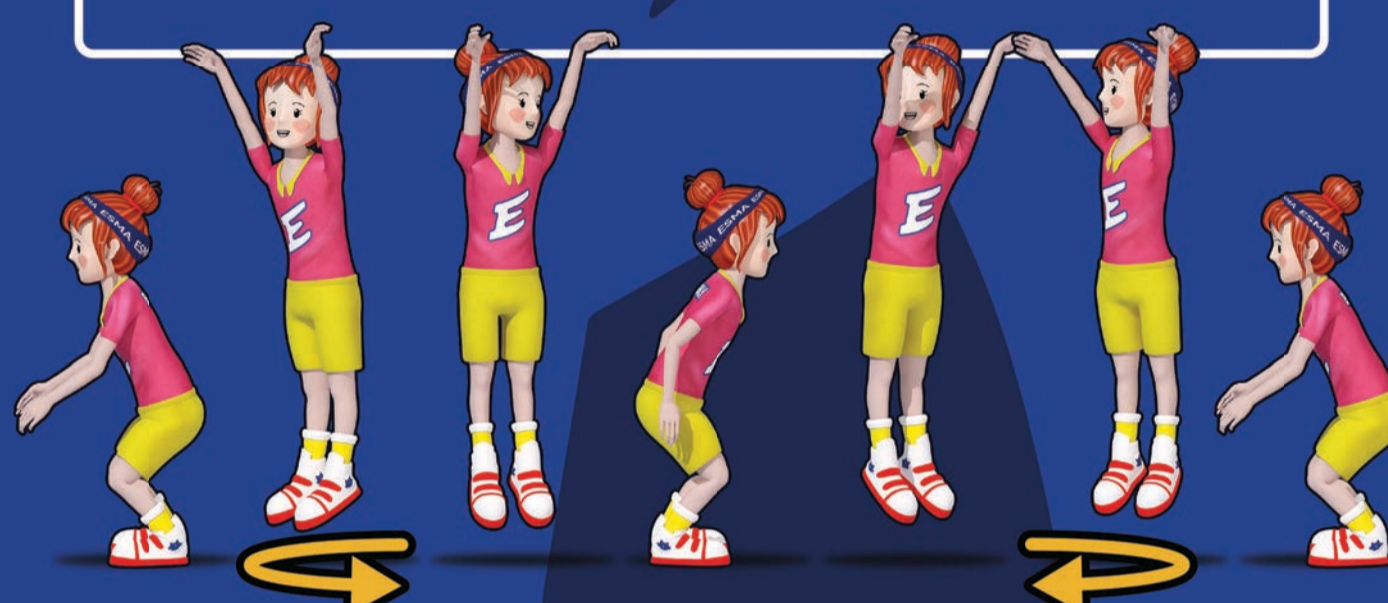
Squat down as if you do a normal squat

Engage your core and jump explosively, and turn 180° as you jump

On landing squat again, and jump 180° back

Land with control

This one complete jump



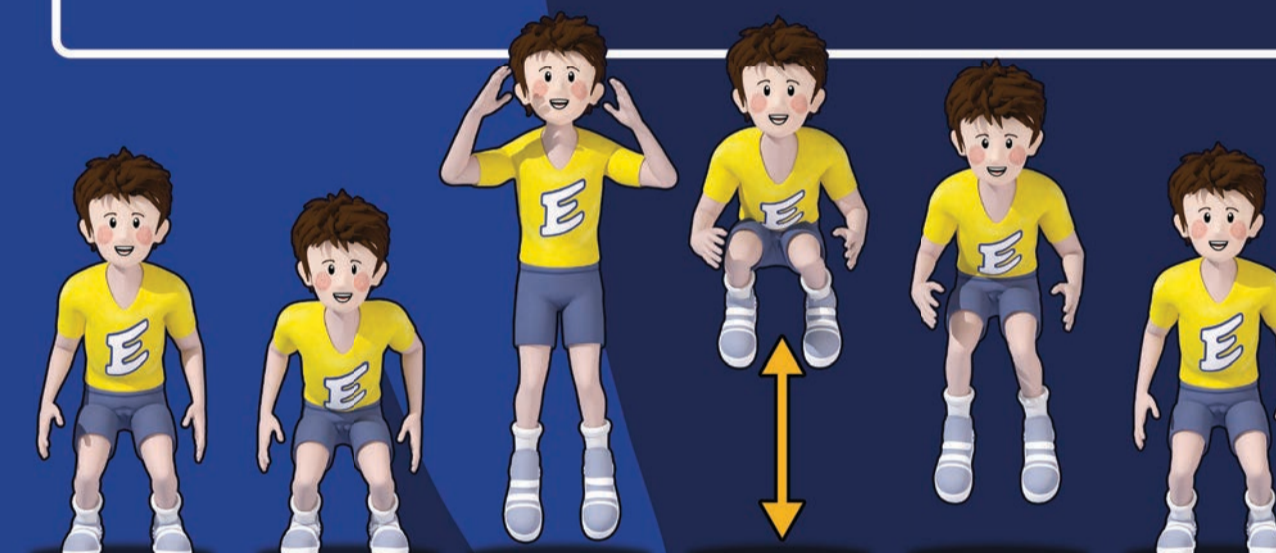
7. Tuck jump, plyometrics (jumping)

Jump up as high as you can, and bringing your heels to your buttocks

Make a controlled, and soft landing

No knock-kneed legs

Keep the pelvis straight



7. Cross Hop 2x4, plyometrics (jumping)

Upper body straight

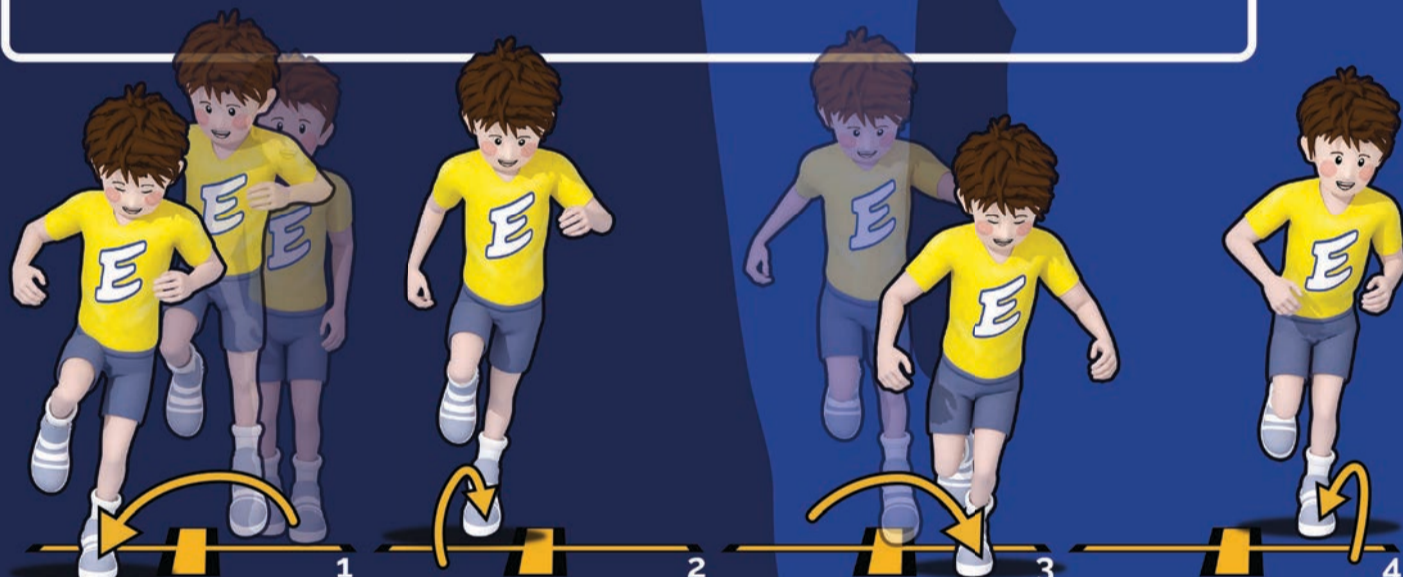
Keep the pelvis straight

Jump softly so you nicely bend your knees

Make small jumps, start slow and next round a big quicker

Land on ONE leg

Repeat with the other leg



8. One Leg Hop 2x4, plyometrics (jumping)

Put a line

Start with your right leg

Toes against the line

Hold your body straight

Begin jumping forward and backward over the line, performing 15 seconds

Then switch to your left leg



9. Squat Jump forward land on single leg 2x4, plyometrics (jumping)

Start with a squat

Shoulder over hip

Jump, explode, up high

Land on one leg, and hold the one leg position for a few seconds

Squat again, jump, but now land on your other leg

Repeat



10. Squat jump and sprint 2x4, plyometrics (jumping)

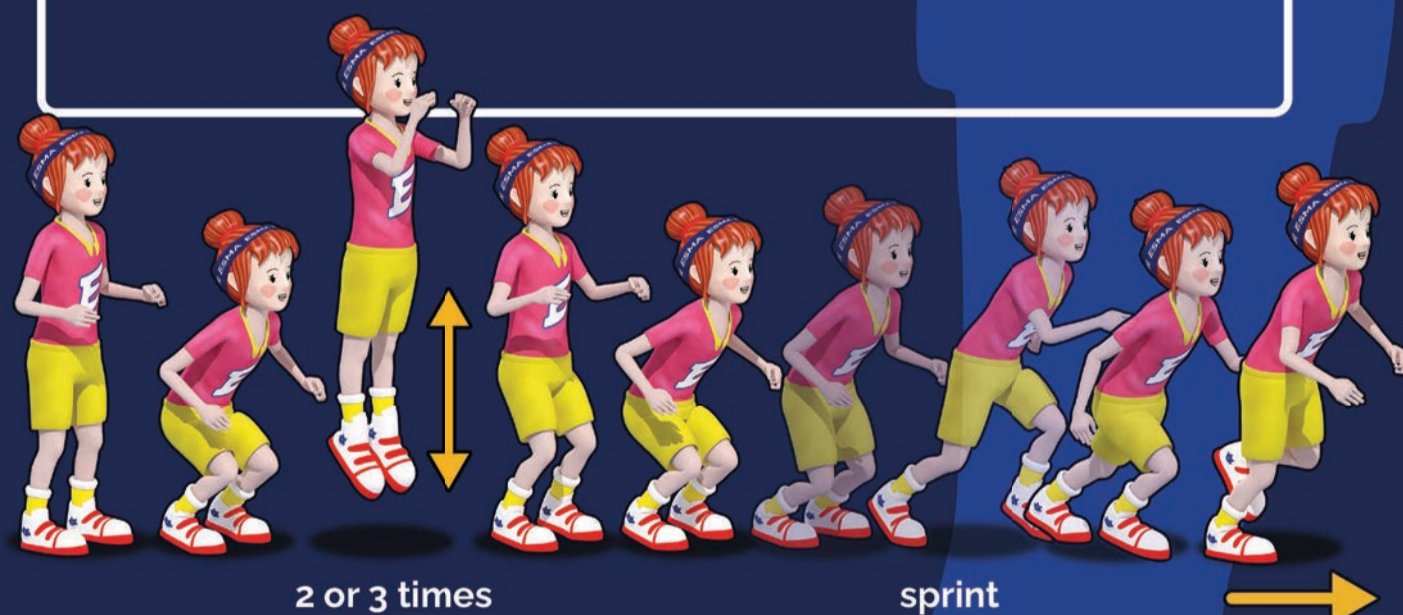
Upper body straight

Keep the pelvis straight

No knock-kneed legs

Pay attention to feet placement when start sprinting

Land always on both feet



11. Squat jump half turn and sprint 2x4, plyometrics (jumping)

Start with a squat

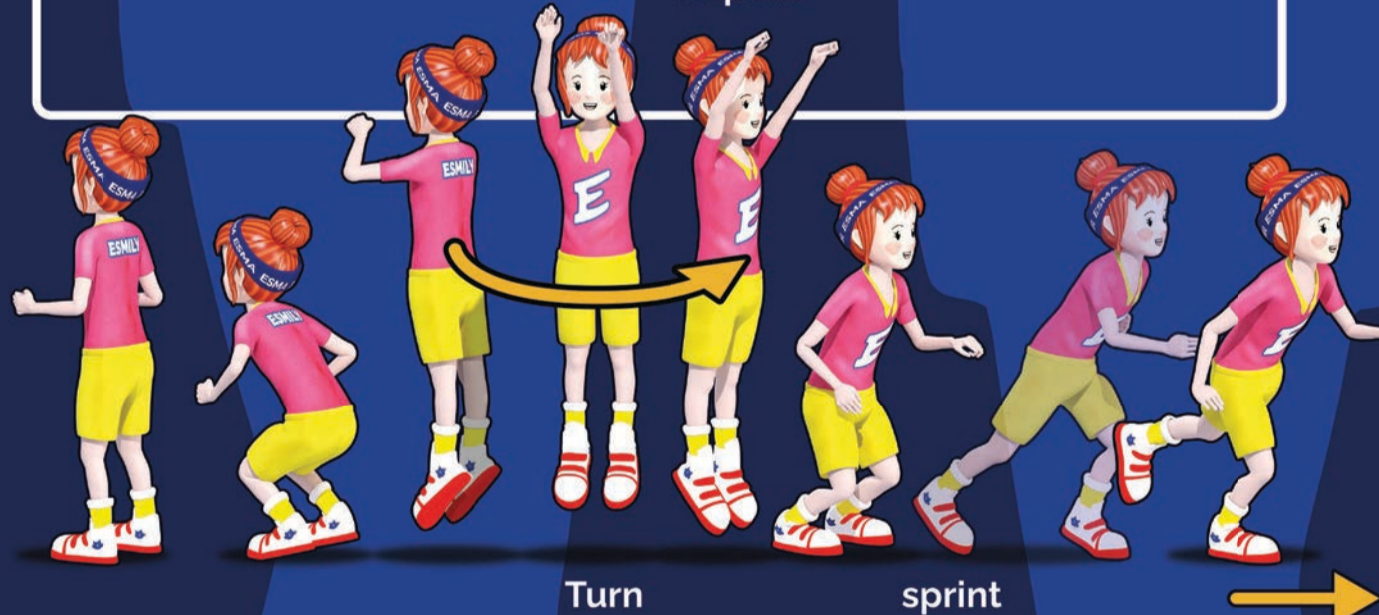
Jump high

Come back in a squat

Jump high again, and turn 180°

Control your landing well, and make a sprint

Repeat



12. Scissor Jump High 2x4, plyometrics (jumping)

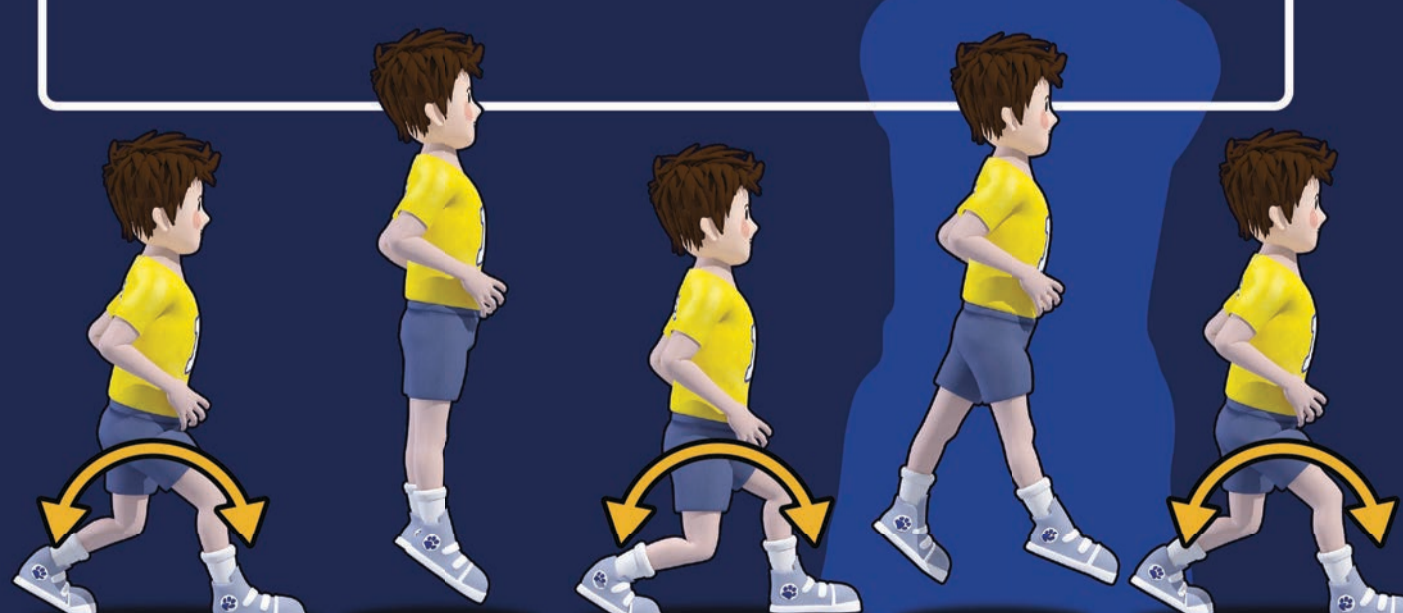
Your feet and knees point forward

Make your jump strong in place

Land softly

Jumping and landing on the front of your feet

Focus on your knee alignment



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Pose to Pose
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