

Lower Extremity Injury Prevention Drills

PRE-TRAINING PREPARATION		
Category	Drill	Parameters
General Preparation	Run	16 yards
	Backpedal	16 yards
	Shuffle	2 x 16 yards
	Carioca	2 x 16 yards
	Forward Skip	16 yards
	Backward Skip	16 yards
	Lateral Skip	16 yards
Mobility	Forward Super Lunge	16 yards
	Lateral Lunge + Pivot	16 yards
	Walking Quadriceps Stretch	16 yards
Neuromuscular Preparation (Plyometrics)	Squats	x6
	Speed Squats	x6
	Vertical Jumps	x6
	Horizontal Jumps	x6
	Horizontal Jumps to Vertical Jump	x6
	Horizontal Jumps to Sprint	16 yards
Agility (Cutting)	Zig-Zag Jumps	x6
	Shuffle Stick	16 yards
	Shuffle Cut	16 yards
	Shuffle Quick	16 yards
	Shuffle-Shuffle-Sprint	2 x 16 yards

Visit uwhealth.org/leip to view a video of these drills.

