

# Lower Extremity Injury Prevention Drills

PRE-TRAINING PREPARATION		
Category	Drill / - Down / Back	Parameters
Mobility	Ankle Mobility, T-Spine Rotations (static)	x7 each
	Knee Hugs/Super Lunge	x15 yards
	Walking Quadricep Stretch/Hurdle Walks	x15 yards
	Lateral Windmill/Hip Openers	x15 yards
Dynamic Movement	Run/Backpedal	x15 yards
	Shuffle/Shuffle	x15 yards
	Lateral Skip/Lateral Skip	x15 yards
	Lateral Skip Cross Over/Lateral Skip Cross Over	x15 yards
	Forward Skip/Backward skip	x15 yards
	Shuffle + Forward Pivot/Shuffle + Backward Pivot	x15 yards
	Carioca/Carioca	x15 yards
	Cross Over Run/Cross Over Run	x15 yards
Neuromuscular Preparation (Plyometrics)	4 Direction Jumps	x4 each
	Quick feet + Diagonal Bound	x15 yards
	Lateral Bound and Stick	x 6/side
	Horizontal Hop and Stick	x 6/side
	Zig-Zag Diagonal Triple Hop and Stick	x 6/side
Agility Training	Shuffle Stick	x15 yards
	Shuffle Stick	x15 yards
	Shuffle-Shuffle- Sprint	x15 yards
	90 Degree Zig Zag Runs	x15 yards

Visit [uwhealth.org/leip](http://uwhealth.org/leip) to view a video of these drills.

