



HARVARD WOMENS SOCCER
STRENGTH AND INJURY PREVENTION
SUMMER 2009

The following injury prevention circuits are designed to be done daily prior to or following your workout or game. These drills should look familiar as I have kept them basic and similar to what we have been doing during the spring. Please do not overlook these exercises, they may seem small and trivial but they are going to be an integral part of staying healthy throughout your season. They should take no longer than 10-15 min.

The strength circuits can be complete either before or after your running workout, they are designed to require no equipment while maintaining the strength you have achieved in the weight room.

If at any time you have a question regarding an exercise or workout....do not hesitate to contact me, I would rather you ask questions then do something wrong.

You all have made amazing strides in the weight room....lets continue that progress into the summer and come into the fall confident we out-worked every opponent this summer!

INJURY PREVENTION CIRCUITS

Do each circuit at least once a week

#1

- overhead squats – if no stick available – hold and extend soccer ball up –keep behind head as you squat down. X 10 reps
- lying draw-ins – on back, knees bent feet flat on ground, pull abs into towards your spine, flattening back on ground – hold for 5 sec and completely relax x 8 reps
- single leg lowers – extend legs straight up and keeping abs tight and back flat on ground, lower one leg down for 3 sec and back up for one x 10 ea leg
- side bridge hold – elbow under shoulder, hips forward, shoulders back, feet stacked x 45 sec.
- front bridge hold – go right into position from side bridge hold x 45 sec.
- ball draw-in crunch- like we use the stick, knees bent, feet up, draw-in and crunch up, trying to touch ball to your shoe laces, completely relax when down. X 20reps
- jump squats – jump from 2 – land on 1 and stick x 10 total jumps
- two foot broad jumps – jump from 2- land on 2 x 5 ea way

#2

- split squat w/ ball twist to outside –keep back foot completely in-line with front foot (harder balance) keep soccer ball extended out in front, lunge down at the same time twisting to the opposite side while keeping knee and foot pointing straight ahead. X 8ea leg
- kneeling draw-ins – kneeling on the ground with ball extended overhead, draw-in and reach the ball up as high as you can, getting full extension through your torso
- alternating plank lifts – front plank position, keeping hips low and in line with shoulders, keep core in as you lift your leg straight up off the ground (it does not need to come up very high)at the same time as opposite arm is lifted straight out in front – focus on squeezing your butt!!!! X 10 ea
- single leg hip bridge hold – on your back with knees bent, keep one foot flat on the ground as you drive through your heel and reach your opposite heel up – hips high!! Squeeze your butt!! X 30 s each
- single leg sit-up – sit-up position with one knee bent and one leg straight out- do a sit-up and rotate your elbow to the outside of the knee that is up
- single leg plyo jumps in place – use arms and sink hips when landing 2 x 5ea
- 45 degree single leg jumps (like ones on track) - stick landing 2 x 10 total

#3

- lateral squats with ball overhead – deep lateral squat position with arms straight up overhead reaching ball up, keeping it behind your head
- push-ups arm extensions – push-up position keeping core drawn in and hips down, extend one arm straight out in front while maintaining balance and stability x 10 ea arm
- side hip bridge with leg lift – start in down position and lift hips up, then lift top heel to sky, keeping legs straight. X 10ea side
- fire hydrants – arms straight, core tight x 10ea
- hip circles – big fast circles with your knee – 10 forward, 10 backwards
- torso rotations – on back with legs straight up and ball in between your feet, arms out to your side, drop your legs to the side and using your abs, lift them back up to center, then drop to the other side – do not let your legs fall from their 90 degree angle x 10 ea side
- push-up leg extensions – same as the arm extensions above- perfect push-up position, keeping hips low, lift and squeeze back leg up x 10ea side
- split squat jumps – get into a split squat position (lunge) and jump as high as you can, switching your legs mid air and landing back into a split squat 2x 5 ea
- acl balance taps – single leg squat position – load the squatted leg with 95% body weight and tap the opposite foot as far back and forward as possible while still being able to stabilize –repeat going out to the side x 25 taps each side 2x each leg

#4

- split squat w/ med ball overhead – similar to the twist earlier, only this time you are holding the ball up as high as you can and maintaining balance as you lunge straight down. X10ea
- double leg hip bridges on ball- both feet on ball – core tight, push hips up high, squeezing butt every rep if balance is good, cross arms over your chest
- single leg hip bridges on ball – one foot on ball, one extended up, drive through the ball and lift hips up high x 10ea
- straight arm side hip bridge – instead of pushing from forearm- lift hips with arms straight under shoulder x 15 ea
- single leg rdl w/ ball behind your head – like we do in the weight room with the bar for your hamstrings, back flat, knees soft, as you lower- extend and straighten one leg behind you x 10ea
- prone hurdlers – on stomach, arms out to your side, kick your knee up to you elbow without rotating hips x 10ea
- bleacher single leg drops – find a step or bleacher and step off with 2 feet, land soft on one – does not have to be as high as plyo boxes 2 x 4ea
- single leg lateral line hops – find a line on a track or field – go over line and back with knees and toes straight ahead – over and back counts as one rep – 2 x 5ea



STRENGTH CIRCUITS

Try to do both each week

If you access to a weight room – add weights to the movements!!!

#1

- single leg squats – back foot elevated up onto a bleacher or box
 - ball extended up overhead for balance
 - or hold dumbbells at each side (at least 20s)
 - lower on a 3 sec count, up for one
 - NEVER let your knee go over your toe
 - 10 reps each leg
- push-up to row
 - can be done bodyweight – if in a gym hold dumbbells while you push up
 - everytime you do a push up (perfect of course) you keep your shoulders and hips square as you row one arm up, then the other, then another push-up
 - 8-10 reps each arm
- ball Russian twists
 - use plate if in a weight room
 - 15 reps each side
 - feet off ground
- sit-ups x 25 reps
- bench/bleacher dips x 10-15 reps

go thru circuit 3-4 times no rest between sets

#2

- iso hold squats
 - hold in parallel squat position for 10 seconds then do 10 reps...hold 9 seconds – 9 reps....hold 8 seconds- 8 reps...we get the point☺
- iso hold push-ups
 - same as above
- iso hold side hip bridge lifts
 - are you seeing a pattern yet?
- Iso hold sit-ups
- Iso hold lateral lunges

go thru circuit 3-4 times no rest between sets