



INJURY RISK REDUCTION WORKBOOK



INJURY RISK REDUCTION COURSE



Welcome to our ACL Injury Reduction Video Series eCourse! We are Carly, Shannon and Alanna, Founders of SoccerGrlProbs, and we are ecstatic that you are here with us.



Our hopes are that this video series will serve as a great introduction to becoming a more well-balanced athlete. As soccer players, we tend to devote so much time to playing the actual sport, that the other parts of our training can often get pushed to the side.

This video series will spark some new movements, muscle activations, stretches and strength exercises that you can add into your daily routine to up your game and become a more well-balanced athlete!

NEXT STEPS:

WATCH THE VIDEOS IN OUR MINI E-COURSE AND USE THIS WORKBOOK AS YOUR GUIDE!

xoxo..

Carly. Shannon and Alanna



The purpose of this video is to understand safe movement patterns versus movement positions that put us at greater risk for injury. It's completely okay if you notice some weaknesses or imbalances in the way that you move! This video is about becoming more self-aware and being able to recognize when our body is in a less-than-ideal position during movement.

INSTRUCTIONS

1. Set up a phone or a camera in front of you, recording directly head-on. Pause the video when necessary to perform each test.
2. Follow along with the instructions in the video.

TEST #1

10 BODYWEIGHT SQUATS

TEST #2

10 PLYOMETRIC JUMPS FOR HEIGHT

TEST #3

3 SINGLE-LEG SQUAT ISOMETRIC HOLDS

**Once you perform all three tests, we will review the results together in the video!*

THINGS TO THINK ABOUT..

Did you fail to keep proper hip-knee-ankle alignment in any of the tests? Did you notice internal rotation of the knee or femur? Were any of the tests harder than others for you? Did you lose balance during the single leg isometric hold? Did you experience any pain or weakness?

MINI-BAND CIRCUIT



**This mini band circuit serves as a great warm-up prior to your practices or great accessory work to do in addition to your workout!*

THE WORKOUT

10X MINI BAND SQUATS

20 YARDS OF MONSTER WALKS

20 SECONDS OF WIDE-OUTS

20 YARDS OF SIDE-WALKS

*Complete the circuit 3x through!

*Take as much time as you need between exercises to ensure good quality repetitions.

Notes:

BODY-WEIGHT CIRCUIT



**This body-weight circuit serves as a great warm-up prior to your practices or great accessory work to do in addition to your workout!*

THE WORKOUT

20X BODY-WEIGHT SHIFT

20X FOOT EXCHANGE

20X LATERAL HOPS

20X LATERAL HOPS FOR HEIGHT

20 YARDS OF SIDE-WALKS

*Complete the circuit 3x through!

*Take as much time as you need between exercises to ensure good quality repetitions.

Notes:

STRETCHING + MOBILITY



Remember, stretching before practice is good, but stretching after practice, when our body temperature is higher is even better! The stretching will have a greater and more long-lasting impact when performed while our body temperature is higher.

T H E S T R E T C H E S

- 1 HIP ADDUCTOR STRETCH**
- 2 DEEP SQUAT STRETCH**
- 3 ANKLE STRETCH**
- 4 90-90 STRETCH**
- 5 TRIPLE HIP STRETCH**
- 6 CALF AND ANTERIOR TIBIALIS RELEASE**
- 7 HIP FLEXOR STRETCH**

*Perform each stretch for 30 seconds

*Take as much time as you need between exercises to ensure good quality repetitions.

Notes:

MINI-BAND CIRCUIT #2



**This mini band circuit serves as a great warm-up prior to your practices or great accessory work to do in addition to your workout!*

T H E W O R K O U T

10X HIP BRIDGES WITH MINI BANDS

10X SINGLE LEG HIP BRIDGES (EACH LEG)

10X SIDE PLANK BANDED LATERAL LEG RAISE (EACH SIDE)

10X TRIPLE REACH (EACH LEG)

10X DEPTH DROP TO SQUAT HOLD

*Complete the circuit 3x through!

*Take as much time as you need between exercises to ensure good quality repetitions.

Notes:

LOWER BODY STRENGTH



**Remember, when performing strength movements, we want to be able to demonstrate that we are in control of the weight, not that the weight is in control of us. Try and refrain from 'bouncing' with the weight or moving too fast through the movement. Slow and controlled movements, ESPECIALLY during the lowering portion of these movements is KEY!!!*

THE WORKOUT

- 1 10X HIP BRIDGES WITH MINI BANDS**
- 2 10X SINGLE LEG HIP BRIDGES (EACH LEG)**
- 3 10X SIDE PLANK BANDED LATERAL LEG RAISE (EACH SIDE)**
- 4 10X TRIPLE REACH (EACH LEG)**
- 5 10X DEPTH DROP TO SQUAT HOLD**

*Complete the circuit 3x through!

*Take 90 seconds between exercises (or as much time as you need) to ensure good quality repetitions

Notes:



Now that you have gone through this 7 video series, try and create new habits by implementing some of these movements into your training! Remember you can go through this video series as many times as you'd like, as often as you'd like.

You can even take exercises from each and make them a part of your daily soccer routine!

REMEMBER

BANDED ACTIVITIES AND BODY-WEIGHT MOVEMENTS WILL SERVE AS GOOD MUSCLE ACTIVATION EXERCISES PRIOR TO TRAINING.

STRENGTH ACTIVITIES WILL HELP BUILD A BASELINE OF STRENGTH AND A MORE WELL-BALANCED BODY...

AND THE STRETCHES CAN BE DONE AFTER ANY OF YOUR WORKOUTS WHEN YOUR BODY TEMPERATURE IS HIGH!

If you make a consistent effort to go through these videos a few times over a few weeks, try re-assessing yourself like we did in video two. Refilm yourself performing the 3 assessment tests, watch them in slow motion and take note of changes in your hips, knees and ankles!

Great work, Ladyballer.

xoxo..

Carly. Shannon and Alanna

BONUS RESOURCES



1. Decreasing Your Risk of ACL Injuries with Nicole Surdyka (Doctor of Physical Therapy, Certified Strength and Conditioning Specialist, and former Division-I soccer player.)
2. Top 5 ACL Injury Prevention Exercises with Julie Hubbard (Doctor of Physical Therapy and Strength & Conditioning Coach at Athletic Evolution in Woburn, MA. She played NCAA Division I soccer at Penn State and UConn, ultimately tallying four ACL injuries of her own.)
3. Lessons Learned from 4 ACL Injuries with Julianne Hubbard, PT, DPT, MS, CSCS, Founder of Just For Kicks Boston
4. ACLs are the Biggest Soccer Girl Problem with Shannon O'Connell, CoFounder of SoccerGrlProbs
5. The Female Athlete Menstrual Cycle: Effect on Performance & Injury/ACL Risk co-written with Erica Suter, Strength & Conditioning Specialist
6. Training, Recovering & Nutrition Throughout Your Menstrual Cycle co-written with Erica Suter, Strength & Conditioning Specialist
7. Tell Me I Can't & I Will: The Story of Overcoming 4 ACL Tears with Brelyn Cusano
8. Helping Female Athletes Going Through Growing Pains: The Dos & Don'ts with Erica Suter, Strength & Conditioning Specialist
9. 99 Problems (And They Are All Knee Related) with Ladyballer, Alexa Quaranta
10. 8 Tips for Coming Back Stronger After An Injury

