

Build Better Athletes

Implementation Strategy

Module 9 – Prehab

Here is a model of our pre-and post-practice routines that included several “Prehab” exercises. I will throw in a few other training elements so that you can also see how we addressed all of the five bio-motor abilities each week.

Pre-practice

1 - Roll out the bottom of each foot with a golf ball using light to moderate downward pressure.

2 – ankle mobility routine – a series of different types of walks. You can get these from sports doctors and physical therapists.

3 – Rolling out the glute medius with an oversized (16” - bigger/softer) softball.

4 – using stick or foam rollers, the athletes would then roll out all of the muscle groups in their legs which was mandatory. Some athletes would use a foam roller to roll out their backs as well.

Post-practice

1 – Two to three days a week the athletes would do agility ladders to address the bio-motor ability of coordination.

2 – Also 2 to 3 days a week, we had our athletes go through what we called the Lunge Laboratory. This is one of your bonus modules if you signed up before the deadline and it represents one of the absolute best exercises I’ve come across. It is very dense meaning it provides multiple types of benefits all rolled into one exercise including: coordination, proprioception, ankle and hip mobility and core strengthening.

I suggested to the athletes that they do the agility ladder drills and the Lunge Lab on the same day. Both of these fit nicely into the metabolic training days you will learn about in the module 12 PDF and video.

3 – Repeat the same rolling out process they did at the start of practice.

4 – A full body flexibility routine.

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5 – Ice bath if possible. Always do this last as it is a bad idea to take an ice bath and then do the flexibility routine.

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