Functional Exercises For The Lower Extremities

Importance of Core control for all lower body exercises:
1) Transverse Abdominal Contraction
2) “Pelvic Tilt” Cue

Functional Mobility Stability Screen
1) Overhead Squat
2) Jump Squat
3) Walking Lunge
4) Single Leg Jump
5) Prone on Elbows

Power/Athletic Position and Triple Extension
Athletic Position:
Triple Extension:

Squat:
Technique:
Teaching progression
1) Supported
2) Body Weight (Unsupported)
3) Front Squat
4) Back Squat

Lunge:
Technique:
Teaching Progression
1) Supported
2) Body weight (Unsupported)

3) Various Positions
   - Single Leg Squat, Reaching Back, Walking,
     Wide/Diagonal Step Lunge Walking and Push Back,
     Lateral Lunge, Split Squats

Super Legs Routine:
   1) Squats: (   )
   2) Single Leg Squats: (   )
   3) Split Squats: (   )
   4) Jump Squats: (   )

Super Lunges Routine:
   1) Single Leg Squats: (   )
   2) Diagonal Lunge with Push Back: (   )
   3) Diagonal Lunge with UE Reach: (   )
   4) Split Squats for Height: (   )

Step-ups:
   Technique:

   Teaching Progression
     1) Forward
     2) Lateral
     3) Lateral Dips
     4) Explosive Step Ups

Jump Landing Mechanics:
   1) Squat to toes/Squat to Jump

   2) Step-off Landing Technique (Bilateral and Single Leg)

   3) Forward Hops (1 foot)
4) Forward Hops (for distance)
5) Backward Jumps (leading up to OHMB)
6) Squat Jump with quarter turn
7) Squat Jump with ½ turn (3/4 turn)

**Balance:**
1) Single-leg
2) Single-leg with opposing LE motion
3) With Sprint technique

**Bounding Activities:**
1) Lateral Bounds (with and without hop for control)
2) Zigzag Bounds Forward and Backward
3) Forward Bounding

**Extra Drills:**
1) Med Ball routines
2) COD Drills
3) Box Rapid Response/Slow Response
4) Ladder Drills
5) Complex and Olympic Component Movements