

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 $\frac{1}{2}$ turn ($\frac{3}{4}$ 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