

# QuickFit soccer goals

EXPERTS' TIPS FOR SOCCER SUCCESS



## AGILITY DRILLS

These sport specific exercises from WakeMed's Rehab physical therapists train the knee and ankle joints to deal with situations encountered in a game. They improve jumping and landing techniques while building muscle strength and awareness of proper form. Be sure to maintain good posture when performing each agility drill.

### › Forward/Backward Shuttle Run

Set up two lines of cones spacing them 10 yards apart. Space them so you can run diagonally from one line to the other. Run forward from the first cone to the second and then turn backward and run to the third. Repeat. Run throughout the course three times.

### › Bounding Run

Run from one sideline to another bringing your knees up high toward your chest. Keep your knees slightly flexed and land on the balls of your feet. Perform 30 seconds.

### › Ankle Bounces

Bend the knees slightly. Jump to low bounces in place using only the ankles to propel you vertically. Make sure to land on both feet evenly.

### › Truck Jump

Hold the soccer ball in front of you, with arms extended, at shoulder height. Jump high. At the peak of your jump, bend the knees toward your chest, tucking the knees near the armpits.

### › Side-to-Side Jump

With the soccer ball on the ground, jump from side-to-side over the ball with your feet parallel to each other. Make sure to land on both feet at the same time.

### › Single Leg – Side Jump

With the soccer ball on the ground, stand on one leg with the knee slightly bent. Jump from side-to-side over the ball landing on only one foot. Make sure to land properly and do not excessively shift your weight.

### › Single Leg – Forward & Backward

With the soccer ball on the ground, stand on one leg with the knee slightly bent. Jump forward and backward over the ball landing on only one foot. Make sure to land properly and do not excessively shift your weight.

### › Single Leg – Distance Jump

Stand on one leg with the knee slightly bent. Propel yourself forward by bending to a modified squat position. Jump forward as far as possible landing on only one foot in a deep-knee flexed position.

QuickFit Soccer Goals offers players and parents expert information on how to improve performance and prevent injury during play. With tips from our team of WakeMed sports medicine physicians, therapists and nutritionists, players learn what it takes to perform their best while playing it safe.

[www.wakemed.org](http://www.wakemed.org)



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