

Appendix 2. Generalized injury prevention program exercises

Exercise	Description	Repetition
Walking lunge	Stand with hands on hips, lunge forward with one leg, lower the opposite knee towards the ground, and return to a standing position over the leg that stepped forward. Alternate legs.	1x10 each leg
Forward line hops	Start with hands on hips and hop forward and backward over a field line. Progress to single legged line hops.	1x20
Sideways line hops	Start with hands on hips and hop side to side over a field line. Progress to single legged line hops.	1x20
Vertical jump with header	Stand with feet shoulder width apart, squat down similar to sitting in a chair, jump up from the squatted position and try to head a soccer ball. Land softly with knees flexed.	1x10
Single leg balance toss	Balance on one leg with knee slightly flexed. Toss a soccer ball to a partner who is performing the same exercise.	1x10 each leg
Sideways shuffle	Start with feet shoulder width apart and knees in a squatting position. Shuffle sideways 10 steps and repeat in the opposite direction.	2x10
<i>Static stretches</i>		
Adductor stretch	Stand with feet shoulder width apart. Lean toward one side to feel a stretch in the hip adductor muscle complex and hold this position for 30 seconds before repeating on the other limb.	1x30 sec. each leg
Hamstring stretch	Sit on the ground in figure-4 position with one knee extended and the other knee flexed. Lean forward to touch fingers to toes of extended leg.	1x30 sec. each leg
Quadricep stretch	Balance on one leg while holding the foot of the other leg against gluteal region to feel a stretch in the front of the thigh.	1x30 sec. each leg
Hip flexor stretch	Kneel on one leg with other leg in front of body and foot on the ground. Lean forward toward the front leg to feel a stretch in the front of the hip.	1x30 sec. each leg
Calf stretch	Start in a push up position. Bring feet forward until heels are on the ground and a stretch is felt in the back of the lower leg.	1x30 sec. each leg