

RIDGEWOOD HIGH SCHOOL WOMEN'S SOCCER

SANTA MONICA PEP PROGRAM (Prevent Injury: Enhance Performance)

For guideline video go to: smsmf.org and click on "Download PEP Video"

OR

Go to: <https://s3.amazonaws.com/smsmf/PepMaster8-1.m4v>. Watch the video prior to participation in the exercise phase of the program.

Do this program 3 to 4 times a week. Emphasize proper form as described in the video presentation!

Warning: Improper technique could lead to injury!

Perform the routines in this program in proper sequence. You may use this program as all or part of your functional dynamic warm up prior to activity.

If you use the PEP program as a separate workout with no follow up activity, be sure to include the 10 minute jogging "COOL DOWN" and "STRETCHING" at the conclusion of the PEP program (it is considered an important last phase to the program).

If you choose to go into additional activity ie; practice or competition, after the "AGILITY" phase of the program, please complete the "COOL DOWN" and "STRETCHING" phases at the conclusion of the secondary activity you are involved in.

"WARM UP PHASE"

- 1.) JOGGING CONE TO CONE (50 yds.) 2 MIN.
- 2.) SHUTTLE RUN (L&R 50 yds) 1 MIN.
- 3.) BACKWARD RUNNING CONE TO CONE (50 yds.) 1MIN.

"STRENGTHENING PHASE"

- 1.) FORWARD WALKING LUNGES 1 MIN.
- 2.) DOUBLE TOE RAISE 30 REPS.
- 3.) DOUBLE TOE RAISES (with Ball) 30 REPS.
- 4.) SINGLE TOE RAISES R&L 30 REPS EACH FOOT.
- 5.) RUSSIN HAMSTRINGS WITH PARTNER 30 SECS.

"PLYOMETRIC PHASE" (Emphasize soft landings)

- 1.) TWO FOOTED SIDE HOPS (Over 2" Cone). Side to Side 30 SECS.
- 2.) TWO FOOTED HOPS FWD. and BACK (Over 2" Cone). 30 SECS.
- 3.) SINGLE FOOTED SIDE HOPS (Over 2" Cone) R&L Foot Separately. 30 SECS.
- 4.) SINGLE FOOTED HOPS FWD AND BACK (over 2" Cone) R&L Foot Separately. 30 SECS.
- 5.) TWO FOOTED DIAGONAL HOPS (4 Cones in Box Pattern). 30 SECS. (May progress this activity to single leg leg-hops R&L circuit. 30 SECS. each.)
- 6.) VERTICAL TWO FOOTED JUMPS 30 SECS.
- 7.) SCISSOR JUMPS 30 SECS.

"AGILITY PHASE"

- 1.) FWD. RUN WITH 3 STEP DECELERATION AND CHANGE OF DIRECTION. (4 Cones set at 20 yd. intervals in diagonal pattern.) 2 CIRCUITS.
- 2.) LATERAL DIAGONAL RUN (Same Cone set up as #1). 2 CIRCUITS.
- 3.) BOUNDING RUN. 30 SECS.

"COOL DOWN PHASE"

Complete this phase after "AGILITY PHASE" if there is to be no further activity.

If activity is going to continue, complete this phase at the conclusion of activity.

- 1.) ACTIVE RECOVERY WITH LIGHT JOGGING OVER 50 YD. INTERVALS 10 MIN.

"STRETCHING PHASE"

Complete this phase at the conclusion of the " COOL DOWN PHASE".

The STRETCHING PHASE can be included at the end of the Cool Down after just the PEP program involvement or at the conclusion of the Cool Down after additional activities. DO NOT STRETCH UNTIL THE END OF YOUR WORKOUT. ALL STRETCHES (Except #7) ARE DONE IN STATIC TECHNIQUE AND HELD FOR 30 SECS.

- 1.) CALF STRETCH R& L
- 2.) QUAD STRETCH R&L
- 3.) HAMSTRING STRETCH R&L.
- 4.) INNER THIGH STRETCH R&L.
- 5.) PIGON OR PIRIFORMIS STRETCH R&L .
- 6.) KNEELING HIP FLEXOR STRETCH R&L.
- 7.) LOWER BACK HIP ROTATIONS R&L. (Dynamic stretch 30 Sec in each direction.)