

GAME DAY: ESSENTIAL EXERCISES

1. Jogging
2. Skipping
3. Carioca
4. Side Shuffle
5. Backward Jog
6. Butt Kickers
7. Bear Crawl *(or Mountain Climbers for 30 sec.)*
8. Walking Lunge — Forward and sideways
9. Arm Swings *(10 forward, 10 backward)*
10. Leg Swings *(10 side-to-side, 10 front-to-back)*
11. Line Jumps *(side-to-side and front-to-back — 30 sec. each)*
12. 180 Degree Jumps *(30 sec.)*

*For exercises 1–8:
Go 50 ft. one way,
then 50 ft. return.*

KIPP® TIPS

- KIPP is most effective when done in the correct order before each practice and game. Consistency is key!
- KIPP helps improve total body strengthening, coordination and agility so don't skip any of the more strenuous exercises like the bear crawl or plank!
- KIPP includes a number of active stretches which encourage lengthening of the muscles through motion. Static stretching should only be utilized after practice and games.

KIPP®

Knee Injury Prevention Program

SPORTS INJURY PREVENTION TIPS

- Warm up before every practice, game and workout.
- Stay hydrated! Drink before, during and after workouts. Water is good for exercise lasting less than an hour. Use a sports drink for longer workouts.
- Respond promptly to signs of injury. Don't play through the pain! If pain persists after 1–2 rest days, consult a physician.
- Participate in a variety of sports to help prevent burnout and overuse injuries. Try something new!
- When beginning a new sport, do so gradually. Increase distance or duration no more than 10% per week.
- Participate in a pre-season conditioning program.
- Use recommended protective equipment that fits well and is in good condition.
- Get a pre-season sports physical at least once a year.

 Ann & Robert H. Lurie
Children's Hospital of Chicago®
Institute for Sports Medicine



PRACTICE DAY A: ESSENTIAL EXERCISES

1. Jogging
2. Skipping
3. Carioca
4. Side Shuffle
5. Backward Jog
6. Butt Kickers
7. Bear Crawl (*or Mountain Climbers for 30 sec.*)
8. Walking Lunge — Forward and sideways
9. Arm Swings (*10 forward, 10 backward*)
10. Leg Swings (*10 side-to-side, 10 front-to-back*)
11. Heel Raises (*30 sec.*)
12. Line Jumps (*side-to side and front-to-back — 30 sec. each*)
13. Broad Jumps (*5 reps*)
14. Plank (*30 sec.*)
15. Scissors Jumps (*30 sec.*)
16. Prone Lift – Traditional (*10 reps*)
17. Hop, Hop, Stick (*5 jumps/leg*)

For exercises 1–8:
Go 50 ft. one way,
then 50 ft. return.

PRACTICE DAY B: ESSENTIAL EXERCISES

1. Jogging
2. Skipping
3. Carioca
4. Side Shuffle
5. Backward Jog
6. Butt Kickers
7. Bear Crawl (*or Mountain Climbers for 30 sec.*)
8. Walking Lunge — Forward and sideways
9. Arm Swings (*10 forward, 10 backward*)
10. Leg Swings (*10 side-to-side, 10 front-to-back*)
11. Squats (*30 sec*)
12. Ankle Bounces (*30 sec.*)
13. Side Plank (*30 sec/side*)
14. Squat Jumps (*30 sec.*)
15. Ice Skaters (*30 sec.*)
16. Push-Ups (*30 sec.*)
17. Jump for Distance (*5 jumps/leg*)

For exercises 1–8:
Go 50 ft. one way,
then 50 ft. return.

OPTIONAL PRACTICE DAY EXERCISES

Pick 1 group
per practice day

GROUP 1

- Prone Lift — Alternating (*10 reps*)
- Three-Plane Lunge (*5 reps/leg*)
- Tuck Jumps (*30 sec.*)
- Bounding in Place (*30 sec.*)
- Shuttle Run (*two lines of cones 50 ft. apart in zig-zag pattern*)

GROUP 2

- Prone Lift — Knee Flexion (*10 reps*)
- Single-Plane Lunge (*5 reps/leg*)
- 3 Broad and 1 Vertical Jump (*5 reps*)
- Bounding for Distance (*go 50 ft. one way then 50 ft. return*)
- Diagonal Run (*two lines of cones 50 ft. apart in zig-zag pattern*)

GROUP 3

- Russian Hamstring (*10 reps*)
- Diagonal Bounding (*go 50 ft. one way then 50 ft. return*)
- Jump into Bounding (*5 jumps/leg*)
- Lateral Shuffle (*two lines of cones 50 ft. apart in zig-zag pattern*)