

CALF & ANKLE STRENGTHENING AND PLYOMETRICS

Training Notes:

no more than x 2 /week - min. 2-3days rest between
 wear appropriate footwear: see a podiatrist or sports physio before starting to determine ankle stability and appropriate footwear
 build tolerance and capacity slowly and see a doctor or physio if you experience pain or discomfort in your legs
 not suitable for young children (<12y/o) without prior approval from a sports physio, doctor, or youth conditioning coach

ROUTINE#1	ROUTINE#2	ROUTINE#3		
<p>ankle proprioception activity for 60s 1leg calf raises x 15/15</p> <p>20-30cm box plyo's x 6 1leg linear high hops 3/3 x 2 BB squat jump or burpee jump x 6 x 1-2 circuits as reinforcement or 3-4 to develop/extend</p> <p>repeat ankle proprioception</p> <p>ANKLE PROPRIOCEPTION ACTIVITIES: eyes closed lifts or planes duradisc or wobble board lifts, planes, or 1leg squats 1leg hop & stick</p> <p>STRETCHES: short calf x 45s/side long calf x 45s/side stretch every day</p>	<p>ankle proprioception activity for 60s 1leg calf raises x 15/15</p> <p>30-40cm box drop jumps x 6 1leg high hurdle lateral jumps x 3-5/side 2-3 double leg bounds x 3 or 2leg tuck jumps x 6-10 x 1-2 circuits as reinforcement or 3-4 to develop/extend</p> <p>repeat ankle proprioception</p>	<p>ankle proprioception activity for 60s 1leg calf raises x 15/15</p> <p>BB squat jump or burpee jump x 6 2leg linear hurdle (4-6 x 20-40cm) jumps x 3 high knee skips 10m x 3 x 1-2 circuits as reinforcement or 3-4 to develop/extend</p> <p>repeat ankle proprioception</p>		