POWER UP TO PLAY

YOUTH SPORTS INJURY PREVENTION & WARM-UP PROTOCOL

www.poweruptoplay.org

Goal: Get ready to play, improve balance and strength, protect your knees, and prevent injuries.

1. RUN — Get moving and warm up muscles

EXERCISE	TIME	GUIDANCE
A. Light Jog (Line to Line)	30 sec	Stay upright, pump your arms, and keep your knees in line with your feet.
B. Side Shuttle Run	30 sec	Stay low on your feet and slide side to side. Don't let your knees roll inward.
C. Backward Jog	30 sec	Stay light on the balls of your feet with soft, bent knees as you move back.

2. ACTIVATE — Build leg strength and stability

EXERCISE	TIME	GUIDANCE
A. Walking Lunges	1 min	Step forward smoothly. Keep front knee directly over your toes and chest up tall
B. Partner Hamstring Lower	1 min	Kneel down. Partner holds your ankles. Lower your body forward using your back legs.
C. Single Leg Calf Raises	1 min	Balance on one foot, lift your heel high under control, then lower slowly.

3. JUMP AND LAND — Practice soft landings to protect your knees

EXERCISE	TIME	GUIDANCE
A. Side-to-Side Jumps	30 sec	Jump side to side over a line. Land softly on bent knees without letting them buckle in.
B. Forward & Back Jumps	30 sec	Spring back and forth across the line, cushioning every landing through your legs.
C. Single Leg Jumps	30 sec	Jump on one leg at a time. Focus on keeping your hip, knee, and ankle in a straight line.
D. High Vertical Jumps	30 sec	Jump as high as you can and land quietly, rolling smoothly from toes to heels.
E. Scissor Jumps	30 sec	Jump up and swap your front and back legs in the air, landing balanced in a lunge position.

4. AGILITY — Quick stops and quick direction changes

EXERCISE	TIME	GUIDANCE
A. Sprint & 3-Step Stop	1 min	Sprint forward, then slow down quickly into a low, controlled stop in 3 short steps.
B. Zig-Zag Diagonal Runs	1 min	Run diagonally, plant your outside foot firmly with a bent knee, and push off fast.
C. High-Knee Bounding	1 min	Take long, bouncy strides driving your knees up high, landing smoothly with each step.

WARM-DOWN — Cool down after training or matches (2 reps each)

EXERCISE	DURATION / REPS	GUIDANCE
A. Calf Stretch	30 s × 2 reps	Keep your back heel flat on the ground, bend your front knee, and lean forward gently.
B. Thigh Stretch	30 s × 2 reps	Stand tall, pull your heel up to your bottom, keep your knees together, and push hips forward.
C. Seated Hamstring Stretch	30 s × 2 reps	Sit with one foot against your inner thigh. Lean forward from your hips with a flat back.
D. Inner Thigh Stretch	30 s × 2 reps	Sit with feet together (butterfly position) and gently press your knees outward.
E. Hip Flexor Stretch	30 s × 2 reps	Kneel on one knee, tuck your hips under, and lean forward slightly until you feel a stretch in front.

For video demonstrations, warm-up resources & training guides visit: www.poweruptoplay.org