

Knee Ladder

The knee should be strapped, or braced for the first 6 weeks of match play. The knee should only be started after level 7 of the achilles or hamstring top ladder has been reached. Kicking can start at the same time.

- 1 Using a soccer ball 2m away from a wall, use the side foot and instep to kick the ball
- 2 Move 6m away from the wall
- 3 With a partner gradually move further apart
- 4 Using a football, or rugby ball kick from the hand (caressing the ball)
- 5 Hard punt
- 6 Hard kick from the ground

9	Fit again, play at normal grade
8	Start play in low-grade matches
7	Shuttle run. 10 x 20 metre wind sprints. Sprint and back between sprint markers 20 metres apart.
6	Hop, step and jump. The idea is to travel as far as you can and as this is measurable you can compete with other recuperating athletes. Start with right toe on a line, hop onto right foot, step onto left foot, jump from left foot, land on both feet, or continue to hop. Measure distance travelled. Repeat with left foot. Repeat five times each side.
5	Depth jumps. Jump down from a 15-20 cm. step then up and over string, or bar as high as you can. Drop this height by 5 cm and repeat 10 times. Then jump rhythmically over the bar with no bounce in between. Start with both legs. Eventually improve to single leg jumps over weeks gradually raising the height of the step but not more than 40 cm.
4	Fast run. Run 100 metres in a straight line using full side steps
3	Slow run. Run 100 metres slowly in a straight line using full side steps
2	Fast run. Run 100 metres in a straight line using small side steps
1	Slow run. Run 100 metres slowly in a straight line using small side steps