

Phase II: Intermediate Exercise (continued)	1	2	3	4	5	6	7	9	13	17	21	25
Single leg cord rotation								•	•			
Pilates skaters								•	•			
Side stepping								•	•			
Single knee bends (lateral step downs)								•	•			
Elliptical/stairclimber								•	•			
Phase III: Advanced Exercise	1	2	3	4	5	6	7	9	13	17	21	25
Lunges									•			
Water bounding/plyometrics									•			
Side to side lateral agility									•			
Forward/backward running with cord									•			
Running progression									•			
Initial agility drills									•			
Phase IV: Sports Specific Training	1	2	3	4	5	6	7	9	13	17	21	25
Z-Cuts/W-Cuts										•	•	•
Cariocas/Ghiardelli's										•	•	•
Sports specific drills										•	•	•
Functional testing										•	•	•