

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									•	•	•	•