

TRAINING PROGRESSIONS

Equal WB Squat	Single Leg Balance	Lunge	Single Leg Squat
Supported partial squat	Static balance	Mini lunge	Supported dynamic partial single leg squat
Unsupported partial squat	<ul style="list-style-type: none">Static balance unstable surfacewith contralateral or UE movement	Static lunge	Unsupported dynamic Partial single leg squat
Squat $\geq 45^\circ$ knee flexion		Reverse lunge	Dynamic single leg squat $\geq 45^\circ$ knee flexion
Squats + weight	Static partial single leg squat	Forward lunge	Alternating single leg hops in straight planes <ul style="list-style-type: none">shock absorptionplyometrics
Mini Hops	Static single leg squat $\geq 45^\circ$ knee flexion	Lunge with: <ul style="list-style-type: none">Trunk rotationLateral lungeDiagonal lungeSkater lunge	Alternating single leg hops in diagonal planes
Drop Squats			<ul style="list-style-type: none">shock absorptionplyometrics
Squat jumps <ul style="list-style-type: none">Shock absorptionplyometrics	Static single leg squat <ul style="list-style-type: none">resisted motion in multiple planesreactive training		Single leg hops in straight planes <ul style="list-style-type: none">shock absorptionplyometrics
<ul style="list-style-type: none">Squat jumps in multiple planes			Single leg hops in diagonal planes <ul style="list-style-type: none">Shock absorptionplyometrics
Box jumps			Single leg hops in multiple planes with rotary stability