

The Captains' Project: Lead Warmups, Protect Your Teammates

Program Details:

- **Evidence-Based Foundation:** Built on a landmark longitudinal randomized controlled trial published in the *British Medical Journal*, involving 4,564 female soccer players (ages 12–17) across 230 Swedish clubs.
- **Expert Refinement:** Reviewed and adapted by clinical specialists at Boston Children's Micheli Center for Sports Injury Prevention.
- **Simple Implementation:** Consists of just **6 exercises, twice a week**.
- **Proven Impact:** Demonstrated to **reduce ACL injuries by over 64%**.

Exercise	Technique	Variations (with increasing difficulty)	Reps
Lunges 	☐ Step one leg forward ☐ Keep your chest up and shoulders back ☐ Bend knees until they both reach a 90 degree angle ☐ Don't lean trunk forward ☐ Keep lead knee behind your toes ☐ Push back to standing position	A. Hands on hips B. Hold ball in front of body with arms straight and rotate upper body will stepping forward C. Hold ball over head and push back with front leg to return to starting position	3x8-15
Squats 	☐ Stand feet shoulder width apart ☐ Toes pointed slightly outwards ☐ Push your hips back ☐ Sit down to 90 degrees of depth ☐ Chest up and shoulders back ☐ Keep back straight ☐ Don't let knees don't cave in ☐	A. Hands on hips B. Hold ball over head with straight arms C. Same as B but rise up on toes after returning to start position	3x8-15
Pistol Squat 	☐ Shift your weight to one leg ☐ Put your other leg off the ground and slightly in front of you ☐ Push your hips back ☐ Slowly bend your planted foot ☐ Keep your opposite foot elevated ☐ Start shallow and go deeper over time	A. Hands on hips B. Hold ball over head with straight arms C. Hands on hips; mark with non-supporting foot just above ground at 12-02-04-06 o'clock positions	3x8-15

	☐ Engage your gluts to push through your planted foot and return to starting position		
1 Legged Jump 	☐ Shift weight to one leg ☐ Keep your knee slightly bent ☐ Chest up shoulders back ☐ Stay light on the balls of your feet ☐ Take a big jump forward ☐ Land softly with bent knees to absorb the impact ☐ Take a small jump back	A. With hands on hips make short forward jump and land on same foot; jump backwards to starting position B. Stand on two legs shoulder-wide apart, jump sideways, and land on one foot; alternate sides C. Take a few quick steps on same spot and make short jumps straight forward	3x8-15
Plank 	☐ Elbows at 90 degrees ☐ Hips parallel to the ground ☐ Squeeze posterior chain (glutes, hamstrings, and lower back) ☐ Engage core muscles	A. Prone position B. Same as A but with support on the tip of feet C. Move foot side and back to starting position; alternate sides	30-60 sec
Glute Bridge 	☐ Lie on your back with knees bent ☐ Place knees hip width apart ☐ Place arms flat on the ground by your side ☐ Press through your heels to lift your hips ☐ Clench your glutes in that position for 1-2 seconds ☐ Return to start and repeat	☐ Both feet on ground and hands across chest ☐ One foot on ground and contralateral leg flexed in hip and knee 90° with both hands on knee ☐ One foot on football and contralateral leg flexed in hip and knee 90° with arms on ground alongside body	30-60 sec Or 30 reps