PROPRIOCEPTION DRILLS

KNEE UP & HOLD

• Stand up straight on one leg and raise the other leg up so your knee is at hip level.
• Tuck your lower leg under your thigh and point your toes up.
• Be sure to stand tall on your balancing leg (no knee bend) and hold your core tight.
• Hold this position for 10 seconds and then perform the drill balancing on the other leg.
• Perform the required number of repetitions on each leg in this manner.

KNEE UP & OPEN HIP

• Stand up straight on one leg and raise the other leg up so your knee is at hip level.
• Tuck your lower leg under your thigh and point your toes up.
• Be sure to stand tall on your balancing leg (no knee bend) and hold your core tight.
• Once you have your balance in this position, open your hip so your leg is now out at the side. Maintain the knee up, toe up, leg tucked position.
• Hold your leg at the “open-hip” position for 2 seconds, return your leg back to the start position, and open your hip up again.
• Hold each position (open-hip & start position) for 2 seconds each time.
• Continue opening and returning in this manner for the required number of repetitions.
• Perform the same number of repetitions with the other side of your body.
PROPRIOCEPTION DRILLS

RIGHT LEG & RIGHT HAND TOUCH

- Stand up straight on your right leg 3-4 feet back from 3 cones placed in front of you, and raise your left leg up so your knee is at hip level. Tuck your lower leg under your thigh and point your toes up.
- Be sure to stand tall on your balancing leg (no knee bend) and hold your core tight.
- Once you have your balance in this position, bend your right knee slightly and lower your body forward while reaching with your right hand and raising your left leg up behind your body to help balance.
- With your right hand, touch 1 of the 3 cones in front of you and return back to the knee up, toe up, chin tucked start position.
- Hold the start position for 2 seconds and repeat the movement reaching down for another cone.
- Repeat for the required number of repetitions.

RIGHT LEG & LEFT HAND TOUCH

- Perform this drill in the same manner as right leg & right hand touch, only reach and touch each cone with your left hand instead of right hand.
PROPRIOCEPTION DRILLS

LEFT LEG & RIGHT HAND TOUCH

- Stand up straight on your left leg 3-4 feet back from 3 cones placed in front of you, and raise your right leg up so your knee is at hip level. Tuck your lower leg under your thigh and point your toes up.
- Be sure to stand tall on your balancing leg (no knee bend) and hold your core tight.
- Once you have your balance in this position, bend your left knee slightly and lower your body forward while reaching with your right hand and raising your right leg up behind your body to help balance.
- With your right hand, touch 1 of the 3 cones in front of you and return back to the knee up, toe up, chin tucked start position.
- Hold the start position for 2 seconds and repeat the movement reaching down for another cone.
- Repeat for the required number of repetitions.

LEFT LEG & LEFT HAND TOUCH

- Perform this drill in the same manner as left leg & right hand touch, only reach and touch each cone with your left hand instead of right hand.
PROPRIOCEPTION DRILLS

LATERAL LEG REACH

- Stand up straight on your right leg 3-4 feet to the side of a cone, and raise your left leg up so your knee is at hip level. Tuck your lower leg under your thigh and point your toes up. Be sure to stand tall on your balancing leg and hold your core tight.
- Once you have your balance in this position, bend your right knee slightly and reach out toward the cone with your left leg.
- Keep your body as upright as possible and touch the cone with your foot. Return back to the knee up, toe up, chin tucked start position.
- Hold the start position for 2 seconds and repeat the movement for the required number of repetitions.
- Perform the same number of repetitions the exact same way balancing on your left leg and reaching with your right foot for a cone placed on the right side of your body.

REAR LEG REACH

- Stand up straight on your left leg 3-4 feet in front of a cone, and raise your right leg up so your knee is at hip level. Tuck your lower leg under your thigh and point your toes up. Be sure to stand tall on your balancing leg and hold your core tight.
- Once you have your balance in this position, bend your left knee slightly and reach backwards toward the cone with your right leg.
- Keep your body as upright as possible and touch the cone with your foot.
- Return back to the knee up, toe up, chin tucked start position.
- Hold the start position for 2 seconds and repeat the movement for the required number of repetitions.
- Perform the same number of repetitions the exact same way balancing on your right leg and reaching with your left foot.