

QuickFit soccer goals

EXPERTS' TIPS FOR SOCCER SUCCESS



IMPROVING BALANCE

Improve body awareness, knee control and knee stability with these balance exercises from WakeMed Rehab. Perform each drill maintaining proper balance, posture and form.

› Around the Waist

Holding a soccer ball at your waist, stand on one leg with the knee slightly bent. Move the ball around your waist, trading it off from hand to hand. Perform for 30 seconds and then repeat using the opposite leg.

› Around the Leg

Holding a soccer ball at your waist, stand on one leg with the knee slightly bent. Move the ball around your opposite leg, trading it off from hand to hand. Perform for 30 seconds and then repeat using the opposite leg.

› Ball Roll

With the ball on the ground, stand on one leg with the knee slightly bent. Place the opposite foot on the soccer ball. Keeping the foot on the ball, roll the ball forward and backward. Perform for 30 seconds and then repeat using the opposite leg.

› Ball Clock Roll

With the ball on the ground, stand on one leg with the knee slightly bent. Place the opposite foot on the soccer ball. Roll the ball out hitting each number on an imaginary clock. Perform for 30 seconds and then repeat using the opposite leg.

QuickFit Soccer Goals offers players and parents expert information on how to improve performance and prevent injury during play. With tips from our team of WakeMed sports medicine physicians, therapists and nutritionists, players learn what it takes to perform their best while playing it safe.

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