



PEP Program: Prevent injury and Enhance Performance

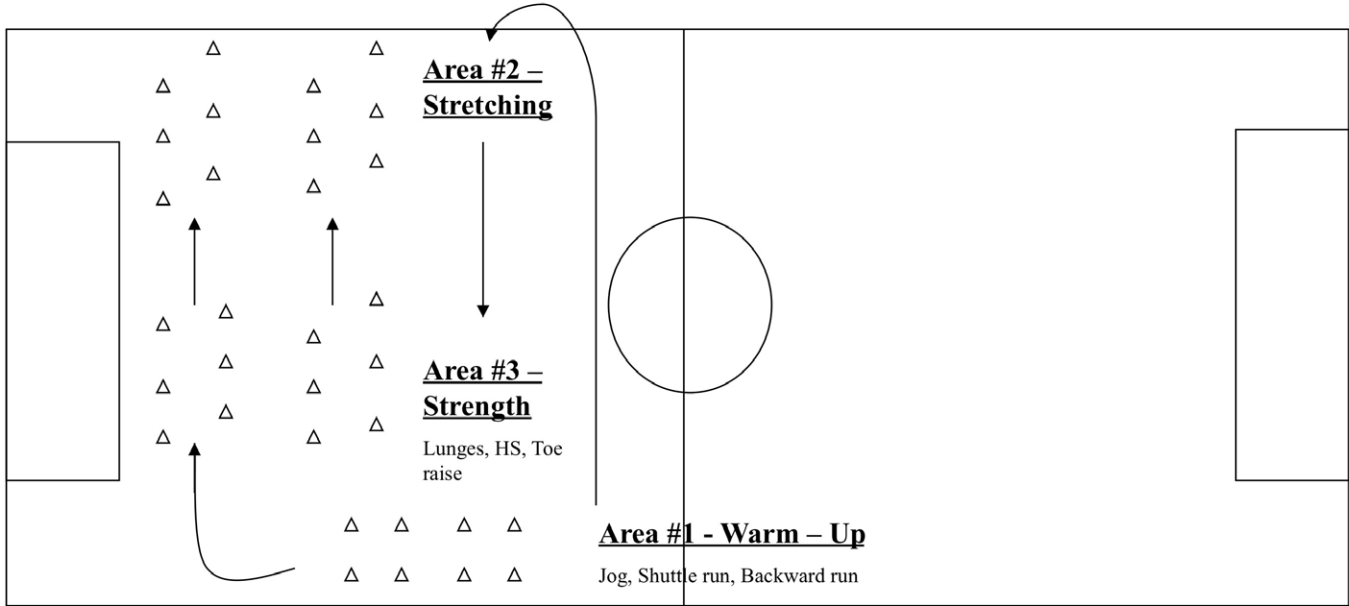
Field Set-Up



SANTA MONICA ORTHOPAEDIC
AND SPORTS MEDICINE GROUP

Area #5 Agilities

Shuttle Run /Diagonal Run



Area #4 –

Plyometrics

Side-to-side/Forward and
Backward Hops

Note: Set-up one half of the field with cones 10 minutes prior to practice.
This will allow for a smooth transition between exercises.