



PEP Program: Prevent injury and Enhance Performance

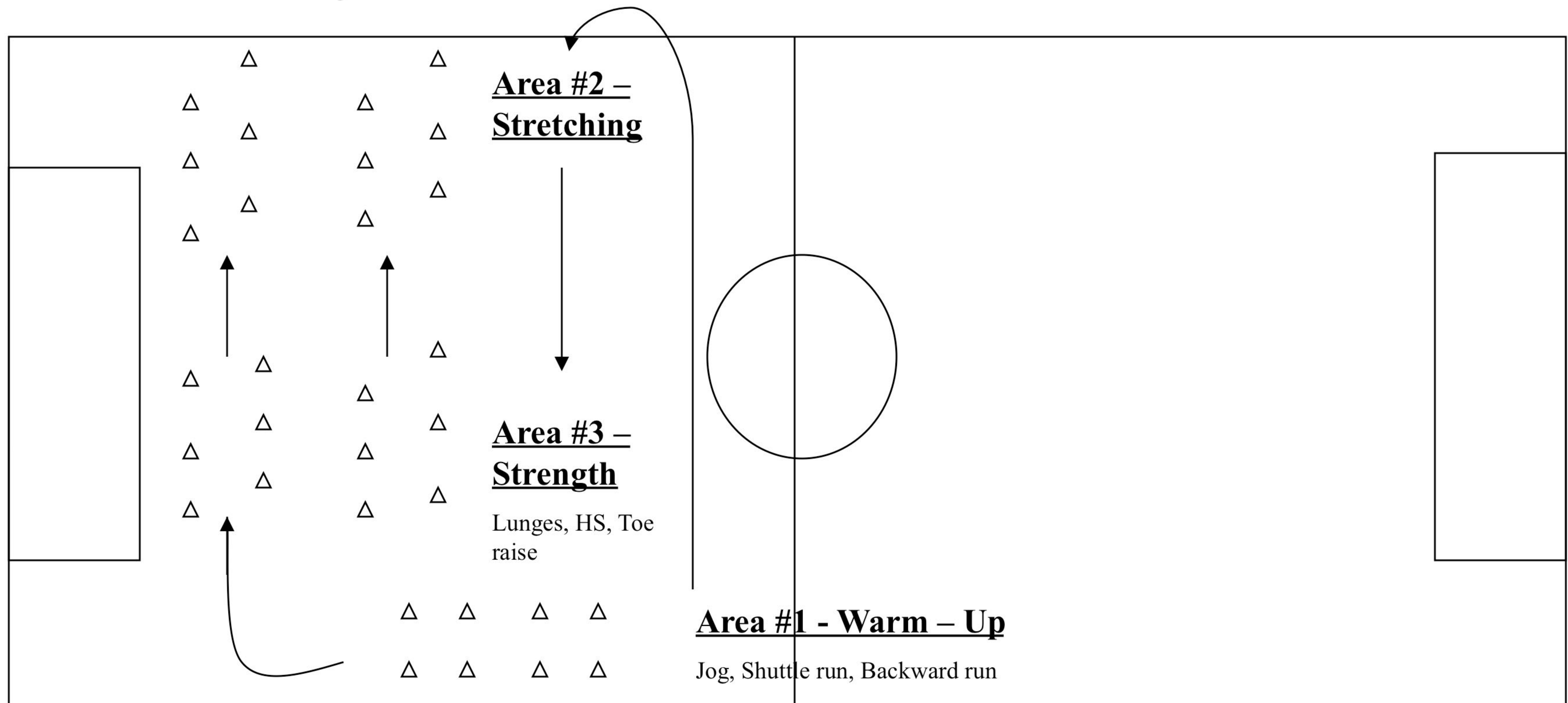


SANTA MONICA ORTHOPAEDIC
AND SPORTS MEDICINE GROUP

Field Set-Up

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.