

ACL Protocol: Functional Training & Testing

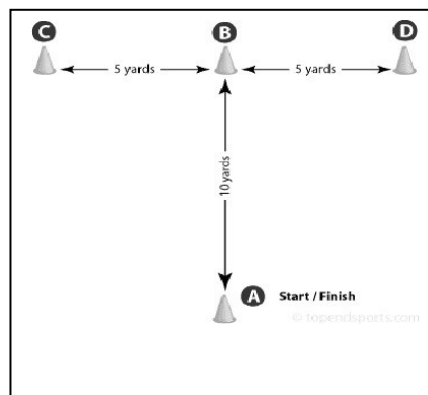
12 weeks:

Y- Balance Test: Pass: <4 cm deficit in any direction

T-Drill with Shuffle:

1. Athlete begins at point A and jogs/runs to point B.
2. **Shuffle** left to cone C.
3. **Shuffle** right to cone D.
4. Back pedal past point A.

Drill only



20 weeks:

Biodex: Test at 90°/sec and 180°/sec

Pass: <15% deficit

*Alternative Test: 5 rep max knee extension

DorsaVi Knee Module: Pass: <10° Knee Valgum

24 weeks: Cannot proceed to 24 week testing until previous tests have been passed

Hop Testing: < 5% deficit

SL Hop:

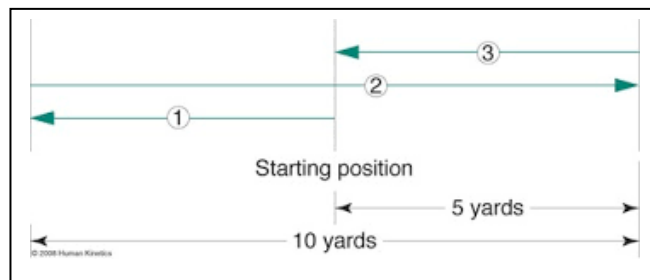
SL Triple Hop

Pro Agility Shuttle: Measure 10 yards with cone in center and either end. Athlete straddles middle line. Begin running right and touch cone with right hand then return back to the cone 10 yards away and touch cone with Left hand. Run past start line.

Pass: Male: <6.0 sec

Female: <6.5 sec

See Norms



T-Drill Test:

1. Athlete begins at point A and sprints to point B.
2. Turn and run left to cone C.
3. Turn and run to cone D.
4. Turn and run back to cone B.
5. Turn and sprint past point A.

Repeat, but turn right around cone B

Pass: See Norms

30 weeks: Cannot proceed to 30 week testing until previous testing has been passed

DorsaVi AMI: Pass: ≥ 85% LSI

*Alternative Test: FMS

DorsaVi Acceleration/Deceleration: Pass: ≥ 85% LSI

Hop Testing: < 5% deficit

Cross Over Hop

6 meter timed Hop

Sport	Population	Gender	T-Test	Pro- Agility Shuttle
Recreational	College	M	10.49±.89	-
Recreational	College	F	12.52± .90	-
Baseball	Intercollegiate	M	10.11± .64	-
Basketball	NCAA Div 1	M	8.95±.53	-
	Guard	M	8.74±.41	-
	Forward	M	8.94±.38	-
	Center	M	9.28±.81	-
Football	High school(14-18)	M	-	80.2±.24
	NCAA Div 1	M	-	4.53±.22
	OL/DL	M	-	4.35±.11
	WR/DB	M	-	4.35±.12
	RB/TE/LB	M	-	4.6±02
	NCAA Div III	M	-	4.6±.2
	OL/DL	M	-	4.8±.2
	WR/DB	M	-	4.6 ±.2
	RB/TE/LB	M	-	4.5±.2
Soccer	Elite Youth		-	
	Under 14	M	11.6±.1	
	Under 15	M	11.0±.2	
	Under 16	M	11.7±.1	
	NCAA Div III	M	-	4.43±.17
	NCAA Div III	F	-	4.88±.18
Volleyball	NCAA Div 1	F	11.16±.38	-
	NCAA Div III	F	-	4.75±.19

Normative Data from NSCA

Excellent	Above Average	Average	Below Average	Poor
<10.01 sec	10.01-10.13 sec	10.13-10.37 sec	10.37-10.67 sec	>10.67 sec

T test Normative Data for High School Athletes adapted From Hoffman(1961)