

12.3 – KNEE-BREAK ANKLE MOBS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve ankle mobility into dorsiflexion.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Place a pair of small plates on the floor. ▪ Stand up tall, placing your toes on the plates.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ With your weight on your heels, gently glide your knees forward. ▪ As you glide, resist the temptation to move at the hips, or shift the weight toward your toes.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ If you have a significant asymmetry between sides, return to the previous exercise until you achieve symmetry. ▪ Stay tall, and keep the weight on the heels throughout.