

10.0 – Single Leg Clean

Now that we have discussed several drills and a systematic approach to progressing our exercises designed to help increase function and efficiency of energy transference throughout the ankle, foot and toes we must dive a little deeper. The following are additional concepts and exercises that make sure this energy transfer through the big toe is occurring subconsciously and at a highly efficient rate. Many of the single leg cleans that you have seen Frans Bosch implement we have designed in order to increase drive through the big toe. The athlete is to stand in a single leg position with a target placed in front of them. If the athlete performs the exercise, but misses the target this means they are recruiting the wrong part of the foot to initiate the movement and consequentially are not properly driving their weight forward. Incorporating the target into this exercise is very important. In order to challenge the functionality of the big toe even more you can use a water bag or external resistance via band tension. Make sure that you vary the exact angle in which you laterally pull. This is done in order to ensure that the athlete is required to adapt to changing planes of resistance. This disparity in the exercise is important as field-based athletes have to change directions and positions numerous times throughout any given sequence of plays.

Along with the content in this section we have included a video demonstrating how we perform the single leg clean with our athletes.