5.2 – Spring Ankle 1

The initial first position of the Spring Ankle Series begins in a deep thigh position with dorsiflexion in the ankle. The athlete will procced to step up onto a small box or plate in an elevated position with only the pads of their feet on the plate. From this position the athlete will attempt to touch the ground with the back edge of their heel. From here the athlete lifts their heel very slightly. It is very important to ensure that the athlete is not exhibiting a loose passive hold. We want the athlete to locate their end range in dorsi flexion and then lift very slightly while driving the big toe into the elevated box or plate. The athlete wants to create stiffness in the arch of the foot by squeezing, creating a tension bound active isometric. Once the athlete has located their end range, guide them down into a deep knee squat by pushing the knees forward over the toes. Once the athlete has located this deep position, have them very slowly lift one foot off of the plate support and maintain balance with only one leg. Once the athlete has completed the set time they can move from the position.

As a side note when athletes are new to the Spring Ankle Series, they may want to reestablish their center of balance with both feet after completing the isometric. The athlete can do this by placing the opposing foot back on the elevated box and redistributing their weight evenly for a second before breaking or transitioning to training the opposing side. There will be an enormous amount of tension being placed on the foot and ankle in this position. This approach will help to alleviate tension created in the foot and ankle before rapidly moving out of position. This helps with alleviating cramping and the discomfort that athletes with poor feet may experience. The isometrics held in this position are very important for acceleration phases in sprinting.

Along with this section we have included video showing an athlete getting into position and completing the Spring Ankle 1 exercise.