

REMAIN IN THE GAME **BALANCE**

A JOINT EFFORT ★ ★ ★



Remain In the Game: A Joint Effort! is a player strength and conditioning program that will help keep your players in the game. This program and the videos in the Remain in the Game series are developed by sports medicine clinicians, tested by coaches and demonstrated by players to keep your team in the game.

10-15 minutes. Make time to include Remain in the Game exercises at every practice. Click on the images below to watch instructional videos of each exercise.



COACHES ARE KEY TO HELPING PREVENT INJURIES.

Download a FREE Coaches Workbook and find all the exercises in this series at <http://bit.ly/RemainintheGame>

This program is hosted by [The Osteoarthritis Action Alliance \(OAAA\)](#) at the University of North Carolina at Chapel Hill.

REMAIN IN THE GAME **STRENGTH**

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REMAIN IN THE GAME PLYOMETRICS

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AGILITY

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REMAIN IN THE GAME FLEXIBILITY



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