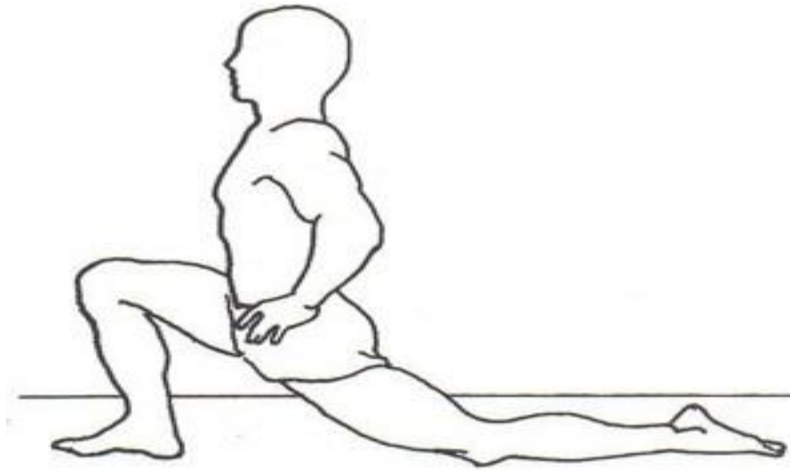




***Hips Don't Lie: Horizontal Force  
Concepts to Decrease Injury and  
Enhance Performance***

***Cori Metzgar, M.A. MSCC, USAW, CSCS***

# ***What is a tight muscle?***



# WOU Hip Program

- **Starts in off-season, ends...NEVER**  
(may taper down or off for a few weeks).
- **Everyday of training.**
- **Perfect technique.**
- **Monitor and coach every rep, every movement.**
- **Plan plan plan.**
- **Progressive program = results**

**MAKES A HUGE IMPACT ON**  
**THE ATHLETES' DEVELOPMENT**

# Utilizing Complex Training for Hip Development

- **Our focus in programming for hip development is complexing specialized movements within our everyday strength work.**
  - **By complexing, we can target the smaller muscles that aid in force production while still working on increasing strength, power and mass.**
- **Example: Squat w/Bands + Hip Flexor Lifts (1<sup>st</sup> 2 sets of warm up and 1-2 work sets)**

**Consistency is the key  
to success.**

**What does that mean to you?**

# Why?

**“Isn’t band work for rehab?”**

**“What is this movement for Coach?”**

**“Where should I be feeling this?”**

**“Why does this hurt so bad?”**

**“Why are my hips cramping so much?”**

**“I have to do it every week?!”**

**TEACH, EDUCATE, COACH!**

# Progression

## Weeks 1-3

- **No Conditioning: Volume is high in weight room, fatigue level very high, risk of soft tissue injury is high**
- **Extended dynamic warm up that focuses on blood flow, flexibility, mobility and a conditioning component: Hurdle work, band work, partner or band stretching**
- **Introduce complexes on almost every movement during the lift that specifically target all hip muscles and glutes**

## Weeks 4-6

- **Conditioning: Base level of fitness work, form running, speed technique work, some basic agility drills**
- **Still continuing on with hurdle and band work before lifting, decreased number of reps**
  - **Still continuing with supplementing lifts with hip and glute specific complexes**

# Progression, cont'd

## Weeks 7-9

- **Conditioning: Fitness levels should be decent, allowing for speed work to be ramped up, quality sport specific agility movements, explosive band work**
- **Hurdle and band work may be decreased as we are doing more fatiguing band work during conditioning**
  - **Still continuing with supplementing lifts with hip and glute specific complexes**

## Weeks 10+

- **Conditioning: Tapering down in volume, a lot of sport specific agility movements, focusing on quality of movements, not quantity, still working on explosive band work**
- **Hurdle and extra band work are non-existent for 2-3 weeks before testing**
  - **Still continuing with supplementing lifts with hip and glute specific complexes but limiting volume significantly**



# **Horizontal Force Concepts**

## **Power/Leverage Positions**

- **What are they?**
- **How does hip development affect them?**

# **Horizontal Force Concepts**

## **Transitional Movements**

- **What are they?**
- **How does hip development affect them?**

# **Horizontal Force Concepts**

**1. Range of Power**

**2. Range of Mobility**

**Are you allowing your  
athletes to develop  
functionally for their  
sport?**