



Search And Destroy

Purpose:

This is a great drill to prepare the ankle and calf region to dorsiflex.

Benefit:

Improved dorsiflexion improves the overhead deep squat, which promotes improved stability and power in the swing.

Instructions:

Begin by getting into the Half Kneeling position and with a massage stick, a golf shaft, or any broom handle like object you can begin massaging the backs of the calf muscle. Work toward the inside and the outside of the calf, as well as both high and low on the calf. Make sure to get down and be firm with your massage strokes as if you were getting a deep tissue massage in the calf region. Make nice long and smooth strokes focusing on trigger points or areas that elicit a bit of tightness or apprehension. These areas are most likely the muscle adhesions that we are trying to break up with the activity. Massage for about 30seconds to a minute and then switch legs.

Quantity:

Do _____ reps _____ sets on _____ side(s).

