

1. Leg swing

- ♦ 3 x 30-60 seconds
- · Purpose: To improve hip flexibility
- Support yourself on a partner or wall
- · Stand on one leg
- Swing your leg in all directions
- · Start slowly and increase the speed and range of motion
- · 3 x 30-60 seconds

2. Single-leg stick wrestle

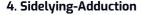


- Purpose: To improve hip and knee control
- · Stand on one leg
- · Try and force your partner off balance
- · Keep your knee slightly bent and aligned over your toes
- 3 x 30 second





- Purpose: To enhance landings stability
- · 2-leg jumps
- · Jump sideways up to partners shoulder
- · Keep 2-feet soft landings with knee over toe
- · 3 x 8-16 repetitions



- ♦ 3 x 8-16 repetitions
- · Stabilise upper leg in front of body
- · Lift lower leg, keep leg extended
- · 3 x 8-16 repetitions

5. Rotational strength

Ŏ 3 x 8−16 repetitions

- · Purpose: To improve rotation strength
- $\cdot \quad \text{Stand with your feet shoulder-width apart} \\$
- · Keep your arms straight
- · Your partner resists while you rotate
- · Take turns with your partner to rotate
- · 3 x 8-16 repetitions

6. Nordic Hamstrings

- ♦ 3 x 3–5 repetitions
- · Purpose: To strengthen the hamstrings muscles
- · Kneel on a soft mat
- · Slowly fall forwards, keeping your upper body and hips straight
- \cdot $\,$ Control the falling motion using your hamstrings
- · Use your arms to push yourself back to the start position
- · 3 x 3-5 repetitions









1. Leg swing

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- · Support yourself on a partner or wall
- · Stand on one leg
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- · Start slowly and increase the speed and range of motion
- · 3 x 30-60 seconds

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2. Single-leg stick wrestle

⊙ 3 x 30 seconds

- Purpose: To improve hip and knee control
- · Stand on one leg
- · Try and force your partner off balance
- · Keep your knee slightly bent and aligned over your toes
- 3 x 30 second



3. Jump & Push

♦ 3 x 8–16 repetitions

- · Purpose: To enhance landings stability
- · Push partner gently while he/she is jumping
- · Push-off with both legs
- · Keep 2-feet soft landings with knee over toe
- · Increase challenge with single-leg jumps
- · 3 x 8-16 repetitions



4. Copenhagen Adduction short

- · Partner stabilises knee, around knee
- Lift lower leg and elevate body simultaneously
- · Maintain alignment
- Slow tempo
- · 3 x 6-8 repetitions



5. Rotational strength

♦ 3 x 8–16 repetitions

- · Purpose: To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- · Your partner resists while you rotate
- · Take turns with your partner to rotate
- · 3 x 8-16 repetitions



6. Nordic Hamstrings

⊙ 3 x 8–12 repetitions

- · Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- · Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- · 3 x 8-12 repetitions





1. Leg swing

♦ 3 x 30-60 seconds

- · Purpose: To improve hip flexibility
- · Support yourself on a partner or wall
- · Stand on one leg
- Swing your leg in all directions
- · Start slowly and increase the speed and range of motion
- · 3 x 30-60 seconds



2. Moving skating jump

ॐ 3 x 5-10 meter

- Purpose: To improve hip and knee control
- · Jump forwards with skating technique
- · Keep your knees aligned over your toes
- · Land softly with a bent knee
- · 3 x 5-10 meter



3. Skating jump

♦ 3 x 8–16 repetitions

- · Purpose: To improve hip and knee control
- · Jump sideways with skating technique
- · Land with your hip, knee and ankle in alignment
- · Land softly with a bent knee
- 3 x 8-16 repetitions



4. Copenhagen Adduction long

♦ 3 x 6-8 repetitions

- · Partner stabilises leg, around ankle
- · Elevate leg and body simultaneously
- Maintain alignment
- · Slow tempo
- 3 x 6-8 repetitions



5. Rotational strength

Ŏ 3 x 8−16 repetitions

- · Purpose: To improve rotation strength
- · Stand with your feet shoulder-width apart
- · Keep your arms straight
- · Your partner resists while you rotate
- · Take turns with your partner to rotate
- · 3 x 8-16 repetitions



6. Nordic Hamstrings

♦ 3 x 8–12 repetitions

- · Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- \cdot Slowly fall forwards, keeping your upper body and hips straight
- · Control the falling motion using your hamstrings
- · Use your arms to push yourself back to the start position
- · 3 x 8-12 repetitions

