

## 1. Triangle run

🕒 Across the court

- To warm up and improve hip and knee control
- Aim for running 3 steps diagonally forward
- Run 3 steps diagonally backwards
- Change direction and repeat
- As you change direction, plant your foot with your knee in line with your toes
- Across the court



## 2. Jump and push

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Jump while your partner pushes you in different directions
- Land softly with knees over toes
- Progression: jump and land with one leg
- 3 x 8-16 repetitions



## 3. Nordic Hamstring

🕒 3 x 3-5 repetitions

- Purpose: To strengthen the hamstring muscles
- Kneel on a soft mat or balance pad
- Keep upper body and hips straight as you move forwards
- Use your hamstring muscles to slow the falling motion
- 3 x 3-5 repetitions



## 4. Bow and arrow

🕒 3 x 8-16 repetitions

- Purpose: To strengthen your shoulder and upper back
- Stretch the elastic by drawing your shoulder back and rotating your trunk
- Lead with your elbow, keeping your forearm horizontal
- 3 x 8-16 repetitions



## 5. Push-up passes

🕒 3 x 30 seconds

- Purpose: To strengthen shoulders and core muscles
- Start facing your partner in push-up position
- Roll the disc to each other
- Progression: perform a push-up between each pass, or lift one leg at a time for more core stability
- 3 x 30 seconds



## 6. Single-leg deadlift with partner

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Stand on one leg and hold your partner's ankles in both hands
- Bend forwards from the hip with your back straight
- Keep your opposite leg straight out behind you
- 3 x 8-16 repetitions



## 7. Dynamic side plank

🕒 3 x 30 seconds

- Purpose: To improve core strength
- Support on elbow
- Alignment from head to toes
- Lower your hips towards the floor and return to start position
- Progression: add weight on your hips
- 3 x 30 seconds



## 1. Forward speed skating jumps

🕒 Across the court

- Purpose: To warm up and improve hip and knee control
- Bound forward with high knees
- Land softly with your knees aligned with your toes
- Across the court



## 2. Run and jump: double-leg landing

🕒 Across the court

- Purpose: To warm up and improve hip and knee control
- Run three steps, jump, then land on both feet
- Land softly with your knees bent and aligned over your toes
- Across the court



## 3. Nordic Hamstring

🕒 3 x 3-5 repetitions

- Purpose: To strengthen the hamstring muscles
- Kneel on a soft mat or balance pad
- Keep upper body and hips straight as you move forwards
- Use your hamstring muscles to slow the falling motion
- 3 x 3-5 repetitions



## 4. Shoulderpress with elastic band

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Lift both arms overhead into an y-position
- Flex your elbows and followed by stretching out the arms
- Keep the elastic tight as you perform a shoulder press
- 3 x 8-16 repetitions



## 5. Shoulder external rotation

🕒 3 x 8-16 repetitions

- To strengthen the hamstrings muscles
- The shoulder should be elevated and the elbow bent to 90 degrees
- Stand on one leg and hold your partner's ankles in both hands
- Bend forwards from the hip with your back straight
- Keep your opposite leg straight out behind you
- This exercise can also be done without a partner
- 3 x 8-16 repetitions



## 6. Push-up passes

🕒 3 x 30 seconds

- Purpose: To strengthen shoulders and core muscles
- Start facing your partner in push-up position
- Roll the disc to each other
- Progression: perform a push-up between each pass, or lift one leg at a time for more core stability
- 3 x 30 seconds



## 7. Copenhagen adduction short

🕒 3 x 6-8 repetitions

- Purpose: Strengthen groin muscle
- Partner stabilizes the leg around the knee
- Raise your body from the ground and lift the lower leg
- Keep your body in a straight line
- Slow and controlled tempo
- 3 x 6-8 repetitions



## 8. Single-leg deadlift with partner

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Stand on one leg and hold your partner's ankles in both hands
- Bend forwards from the hip with your back straight
- Keep your opposite leg straight out behind you
- 3 x 8-16 repetitions



## 1. Bounding

🕒 Across the court

- Purpose: To warm up and improve leg power
- Bound forward with high knees
- Land softly with your knees aligned with your toes
- Jump explosively
- Across the court



## 2. Run and jump: single-leg landing

🕒 Over the court

- Purpose: To warm up and improve hip and knee control
- Run three steps, jump, then land on one leg
- Land softly with your knee bent and aligned over your toes
- Over the court



## 3. Nordic Hamstring

🕒 3 x 3-5 repetitions

- Purpose: To strengthen the hamstring muscles
- Kneel on a soft mat or balance pad
- Keep upper body and hips straight as you move forwards
- Use your hamstring muscles to slow the falling motion
- 3 x 3-5 repetitions



## 4. Single-leg deadlift with partner

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Stand on one leg and hold your partner's ankles in both hands
- Bend forwards from the hip with your back straight
- Keep your opposite leg straight out behind you
- 3 x 8-16 repetitions



## 5. Backwards throwing

🕒 3 x 8-16 repetitions

- Purpose: To improve strenght in the shoulder rotator muscles
- Throw the disc by rotating the upper arm - keep your elbow in the same position
- Catch the disc by using the same technique
- 3 x 8-16 repetitions



## 6. Overhead shoulder strength

🕒 3 x 8-16 repetitions

- Stretch the elastic diagonally upwards using two straight arms
- As you reach the top, rotate your trunk and pull your shoulder blade back
- Return slowly using one arm only
- 3 x 8-16 repetitions



## 7. Single-leg squat with partner

🕒 As many as you can with good control



## 8. Copenhagen adductor long

🕒 3 x 6-8 repetitions

