

## 1. 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



## 2. Side-lying groin strengthening

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Lie on your side with your top leg bent forwards
- Lift the lower leg straight upwards and lower slowly
- Perform the exercise slowly
- Keep your foot horizontal throughout the exercise
- 3 x 8–16 repetitions



## 3. Side plank

🕒 3 x 30 seconds on each side

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow
- Your body should be in a straight line
- Keep your back in a neutral position
- 3 x 30 seconds on each side



## 4. Pelvic lift

🕒 2–3 x 8–16 repetitions

- Purpose: To improve low back and pelvis control
- Lie on your back with a rolled mat under your pelvis
- Your hips and knees should remain 90 degrees throughout the whole exercise
- Slowly lift and lower your pelvis
- 2–3 x 8–16 repetitions



## 5. Squat

🕒 3 x 8–16 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart and your back straight
- Start the movement from the hip
- Keep your knees aligned with toes
- Sit down as if you are sitting on a chair
- Lift a ball over your head
- 3 x 8–16 repetitions



## 6. Single-leg balance +

🕒 3 x 30 seconds

- Purpose: To improve hip, knee and ankle control
- Stand on one leg on an unstable surface
- Keep your hip, knee and foot in alignment
- Challenge yourself with different ball activities
- Include a partner
- 3 x 30 seconds



## 7. Squat jumps

🕒 3 x 8–16 repetitions

- Purpose: To improve knee and ankle stability
- Jump up as high as possible
- Land softly with your knee bent and aligned over your toes
- Get a partner for gently pushes
- 3 x 8–16 repetitions



## 8. Multi-directional lunges

🕒 3 x 8–16 repetitions

- Purpose: Improve knee alignment and movement quality
- Perform lunges in different directions
- Keep the knee aligned with the toes
- Progression: Perform while a partner pushes you unexpectedly out of position
- 3 x 8–16 repetitions



## 1. Y exercise

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder blades back and down
- 3 x 8–16 repetitions



## 2. Nordic hamstrings with elastic

🕒 3 x 6–8 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- Loop an elastic band around your waist
- Keep upper body and hips straight as you fall forwards
- Use your hamstrings muscles to slow the falling motion
- Use your arms to push yourself back to the starting position
- 3 x 6–8 repetitions



## 3. Copenhagen adductor short

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you above the knee
- Keep your body stable, lower and lift the bottom leg
- Keep your body in a straight line
- Perform the exercise slowly
- 3 x 8–16 repetitions



## 4. Single-leg bridge

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the gluteal and hamstrings muscles
- Lie on your back with a ball between your knees
- Lift your hips until they are fully extended
- Squeeze your gluteal muscles
- Keep your body still as you straighten one knee
- Progression: Cross your arms over your chest
- 3 x 8–16 repetitions



## 5. Forward lunge with ball

🕒 3 x 8–16 repetitions

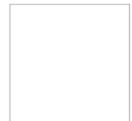
- Purpose: To improve hip and knee control
- Perform a forward lunge
- Lift a ball overhead
- Explosively return to the start position
- Progression: Step forward onto an unstable surface
- 3 x 8–16 repetitions



## 6. 2-leg jumps with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control in landings
- Jump from both legs and rotate 90 degrees in the air
- Land softly with your knees bent and aligned over your toes
- Progression: Ask a partner to push you in unexpected directions while you are in the air
- 3 x 8–16 repetitions



## 7. Single-leg balance +

🕒 3 x 30 seconds

- Purpose: To improve hip, knee and ankle control
- Stand on one leg on an unstable surface
- Keep your hip, knee and foot in alignment
- Challenge yourself with different ball activities
- Include a partner
- 3 x 30 seconds



## 8. Box jumps

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control
- Perform 2-leg jumps in different directions
- Land softly with your knees bent
- Keep the knee aligned with the toes
- Be precise - land in the same place every time
- 3 x 30 seconds



## 1. The diver

🕒 3 x 5 repetitions each leg

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 5 repetitions each leg



## 2. Nordic Hamstrings

🕒 3 x 8–16 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 8–16 repetitions



## 3. Copenhagen adductor

🕒 3 x 6–8 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you at the knee and ankle
- Keep your body stable, lower and lift the bottom leg
- Keep your body in straight line
- Perform the exercise slowly
- 3 x 6–8 repetitions



## 4. Leg curl

🕒 3 x 8–16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8–16 repetitions



## 5. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- As many repetitions as possible with good control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



## 6. Single-leg balance +

🕒 3 x 30 seconds

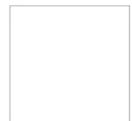
- Purpose: To improve hip, knee and ankle control
- Stand on one leg on an unstable surface
- Keep your hip, knee and foot in alignment
- Challenge yourself with different ball activities
- Include a partner
- 3 x 30 seconds



## 7. Single-leg jump with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve knee and ankle stability
- Single-leg jumps
- Keep knees aligned with toes
- Rotate with every jump
- Challenge yourself with 180 rotations
- 3 x 8–16 repetitions



## 8. Single-leg forward jump

🕒 3 x 8–16 repetitions

- Purpose: To improve hip, knee and ankle control
- Jump forwards or sideways onto a balance mat
- Land softly with your knee bent and aligned over your toes
- Look straight ahead
- 3 x 8–16 repetitions

