

1. Single-leg passes

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Stand on one leg
- Keep your knee aligned over your toes
- 3 x 8–16 repetitions



2. Quadrant hops

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Make a cross from two sticks
- Perform 3-jump combinations in different directions
- Land softly with your knee aligned over your toes
- 3 x 8–16 repetitions



3. Jump & Push

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Jump while your partner pushes you in different directions
- Take off and land with both legs
- Land softly with knees aligned over toes
- Progression: Jump and land with one leg
- 3 x 8–16 repetitions



4. Groin squeeze with partner

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip and groin muscles
- Sit with your leads spread and your feet outside your partner's feet
- Press your feet inward against your partner's resistance, then allow your partner to push you slowly back to the start position
- Swap foot positions with your partner
- 3 x 8–16 repetitions



5. Fight

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the core
- Keep your knees aligned with toes
- Provide resistance to your partner
- Keep your hips stable
- 3 x 8–16 repetitions



6. Squat

🕒 3 x 8–16 repetitions

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



7. Forward lunge

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Lunge forward
- Keep knees aligned over toes
- Maintain upper body upright
- 3 x 8–16 repetitions



8. 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



9. Modified Nordic Hamstrings

🕒 2 x 3–5 repetitions

- Purpose: To strengthen the hamstrings muscles
- Lie on the floor with both knees bent to 90 degrees
- Provide resistance as your partner slowly straightens your knees
- Keep your hips on the floor throughout the exercise
- 2 x 3–5 repetitions



1. High-five low-five

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Stand on one leg facing your partner
- Alternating high-fives and low-fives
- Keep your knee aligned over your toes
- 3 x 8–16 repetitions



2. Single-leg hops +

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control
- Single-leg hops
- Try to push your partner out off balance
- Keep knee aligned over toes
- 3 x 30 seconds



3. The diver

🕒 3 x 8–16 repetitions

- 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 8–16 repetitions



4. Groin squeeze with partner

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip and groin muscles
- Sit with your leads spread and your feet outside your partner's feet
- Press your feet inward against your partner's resistance, then allow your partner to push you slowly back to the start position
- Swap foot positions with your partner
- 3 x 8–16 repetitions



5. Explosive partner squats

🕒 3 x 6–8 repetitions

- Purpose: To strengthen the thigh and gluteal muscles
- Bend your knees to 70–80 degrees
- Keep your back straight
- Lower slowly and lift up explosively
- Keep knees aligned over toes
- 3 x 6–8 repetitions



6. Lunge with rotation

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control during rotation movements
- Perform forward lunges
- Rotate your trunk in alternating directions
- Keep your knee aligned with your toes
- Keep your trunk upright and back straight
- 3 x 30 seconds



7. Fight

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the core
- Keep your knees aligned with toes
- Provide resistance to your partner
- Keep your hips stable
- 3 x 8–16 repetitions



8. 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



9. Modified Nordic Hamstrings

🕒 2 x 3–5 repetitions

- Purpose: To strengthen the hamstrings muscles
- Lie on the floor with both knees bent to 90 degrees
- Provide resistance as your partner slowly straightens your knees
- Keep your hips on the floor throughout the exercise
- 2 x 3–5 repetitions



1. Quadrant hops

🕒 3 x 8–16 repetitions

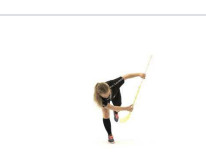
- Purpose: To improve hip and knee control
- Make a cross from two sticks
- Perform 3-jump combinations in different directions
- Land softly with your knee aligned over your toes
- 3 x 8–16 repetitions



2. Flyer with rotation

🕒 3 x 6–8 repetitions

- 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
- Rotate upper body to both sides
- 3 x 6–8 repetitions



3. Explosive partner squats

🕒 3 x 6–8 repetitions

- Purpose: To strengthen the thigh and gluteal muscles
- Bend your knees to 70–80 degrees
- Keep your back straight
- Lower slowly and lift up explosively
- Keep knees aligned over toes
- 3 x 6–8 repetitions



4. Single-leg squat with partner

🕒 As many as possible with good control

- Purpose: To improve hip and knee control
- Stand on one leg facing your partner, grip their opposite hand
- Perform single leg squats together with your partner
- Keep your knee aligned over your toes
- As many as possible with good control



5. Lunge with rotation

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control during rotation movements
- Perform forward lunges
- Rotate your trunk in alternating directions
- Keep your knee aligned with your toes
- Keep your trunk upright and back straight
- 3 x 30 seconds



6. Fight

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the core
- Keep your knees aligned with toes
- Provide resistance to your partner
- Keep your hips stable
- 3 x 8–16 repetitions



7. Bird dog with sweep

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the back and gluteal muscles
- Kneel on all fours
- Extend one leg behind you and raise the opposite arm above your head
- Simultaneously sweep your arm and leg to the side
- Keep your back straight and still throughout the exercise
- 3 x 8–16 repetitions



8. Copenhagen adductor

🕒 3 x 8–16 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 8–16 repetitions



9. Modified Nordic Hamstrings

🕒 2 x 3–5 repetitions

- Purpose: To strengthen the hamstrings muscles
- Lie on the floor with both knees bent to 90 degrees
- Provide resistance as your partner slowly straightens your knees
- Keep your hips on the floor throughout the exercise
- 2 x 3–5 repetitions

