

## 1. Straight ahead

🕒 2 sets

- Increase speed progressively
- 20-30 meters
- 2 sets



## 2. Hip out

🕒 2 sets

- Stop at each cone pair
- Lift knee
- Rotate hip outwards
- Alternate between left + right knee
- 2 sets



## 3. Hip in

🕒 2 sets

- Stop at each cone pair
- Lift knee
- Rotate hip inwards
- Alternate between left + right knee
- 2 sets



## 4. Circling partner

🕒 2 sets

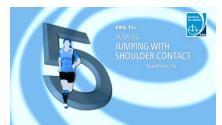
- Shuffle sideways by 90 degrees to the middle
- Shuffle circle around one other
- Stay on toes
- Slightly bend hip and knees
- 2 sets



## 5. Jumping with shoulder contact

🕒 2 sets

- Shuffle sideways by 90 degrees to the middle
- Jump up and make shoulder contact
- Soft landings
- 2 sets



## 6. Quick forwards & backwards

🕒 2 sets

- Quickly forwards 2 cones
- Quickly backwards 1 cone
- 2 sets



## 7. Bench - static

🕒 3 x 20 seconds

- Lift up body supported on forearms
- Pull in your stomach
- Body in straight line
- 3 x 20 seconds



## 8. Sideways bench

🕒 3 x 20 seconds on each side

- Supported on elbow
- Body in straight line
- Stable core
- 3 x 20 seconds on each side



## 9. Nordic Hamstrings - beginner

🕒 3 x 3-5 repetitions

- 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 3-5 repetitions



## 10. Single-leg stance - hold the ball

🕒 2 x 20 seconds on each leg

- Vary ball activities to challenge yourself
- Keep weight on the ball of your foot
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



## 11. Squats with toe raise

🕒 3 x 20 seconds

- Feet hip-width apart
- 2-leg squat with final toe raise
- Hip-knee- toe in line
- 3 x 20 seconds



## 12. Vertical jumps

🕒 3 x 20 seconds

- From squat position, jump up as high as you can
- Soft landings
- Hip-knee- toe in line
- 3 x 20 seconds



## 13. Running across the pitch

🕒 2 sets

- Accelerate to max speed
- 20-30 meters
- 2 sets



## 14. Bounding

🕒 2 sets

- Explosive long jumps
- Use an exaggerated arm swing for each step (opposite arm and leg)
- Knee over toe
- 20-30 meters
- 2 sets



## 15. Plant & Cut

🕒 2 sets

- Jog 4-5 steps, then plant on the outside leg and cut to change direction
- Accelerate 5-7 steps at high speed before decelerate and a new plant & cut
- 2 sets



## 1. Straight ahead

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- Increase speed progressively
- 20-30 meters
- 2 sets



## 2. Hip out

🕒 2 sets

- Stop at each cone pair
- Lift knee
- Rotate hip outwards
- Alternate between left + right knee
- 2 sets



## 3. Hip in

🕒 2 sets

- Stop at each cone pair
- Lift knee
- Rotate hip inwards
- Alternate between left + right knee
- 2 sets



## 4. Circling partner

🕒 2 sets

- Shuffle sideways by 90 degrees to the middle
- Shuffle circle around one other
- Stay on toes
- Slightly bend hip and knees
- 2 sets



## 5. Jumping with shoulder contact

🕒 2 sets

- Shuffle sideways by 90 degrees to the middle
- Jump up and make shoulder contact
- Soft landings
- 2 sets



## 6. Quick forwards & backwards

🕒 2 sets

- Quickly forwards 2 cones
- Quickly backwards 1 cone
- 2 sets



## 7. Bench - alternating legs

🕒 3 x 20 seconds

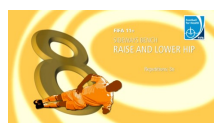
- Lift up body supported on forearms
- Pull in your stomach
- Body in straight line
- Lift each leg in turn and hold 2s
- 3 x 20 seconds



## 8. Sideways bench - raise & lower hip

🕒 3 x 20 seconds on each side

- Supported on elbow
- Body in straight line
- Raise & lower hip
- 3 x 20 seconds on each side



## 9. Nordic Hamstrings - intermediate

🕒 3 x 6-8 repetitions

- 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 6-8 repetitions



## 10. Single-leg stance - throwing ball with partner

🕒 2 x 20 seconds on each leg

- Stand 2-3 m apart from your partner
- Keep weight on the ball of your foot
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



## 11. Squats with walking lunges

🕒 3 x 20 seconds

- Lunge forward slowly
- As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees
- Hip-knee- toe in line
- 3 x 20 seconds



## 12. Lateral jumps

🕒 3 x 20 seconds

- Jump from side to side
- Bend hips and knees slightly as you land
- Do not let your knee buckle inwards
- Maintain balance with each jump
- 3 x 20 seconds



## 13. Running across the pitch

🕒 2 sets

- Accelerate to max speed
- 20-30 meters
- 2 sets



## 14. Bounding

🕒 2 sets

- Explosive long jumps
- Use an exaggerated arm swing for each step (opposite arm and leg)
- Knee over toe
- 20-30 meters
- 2 sets



## 15. Plant & Cut

🕒 2 sets

- Jog 4-5 steps, then plant on the outside leg and cut to change direction
- Accelerate 5-7 steps at high speed before decelerate and a new plant & cut
- 2 sets



## 1. Straight ahead

🕒 2 sets

- Increase speed progressively
- 20-30 meters
- 2 sets



## 2. Hip out

🕒 2 sets

- Stop at each cone pair
- Lift knee
- Rotate hip outwards
- Alternate between left + right knee
- 2 sets



## 3. Hip in

🕒 2 sets

- Stop at each cone pair
- Lift knee
- Rotate hip inwards
- Alternate between left + right knee
- 2 sets



## 4. Circling partner

🕒 2 sets

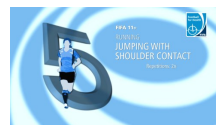
- Shuffle sideways by 90 degrees to the middle
- Shuffle circle around one other
- Stay on toes
- Slightly bend hip and knees
- 2 sets



## 5. Jumping with shoulder contact

🕒 2 sets

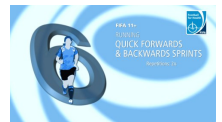
- Shuffle sideways by 90 degrees to the middle
- Jump up and make shoulder contact
- Soft landings
- 2 sets



## 6. Quick forwards & backwards

🕒 2 sets

- Quickly forwards 2 cones
- Quickly backwards 1 cone
- 2 sets



## 7. Bench - lift & hold

🕒 3 x 20 seconds

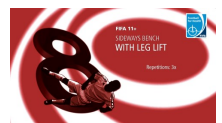
- Lift up body supported on forearms
- Pull in your stomach
- Body in straight line
- Lift leg and hold for 20 seconds
- 3 x 20 seconds



## 8. Sideways bench - with leg lift

🕒 3 x 20 seconds on each side

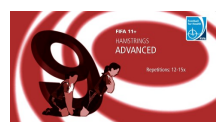
- Supported on elbow
- Body in straight line
- Lift up hip and swing upper leg
- 3 x 20 seconds on each side



## 9. Nordic Hamstrings

🕒 3 x 8-12 repetitions

- 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



## 10. Single-leg stance - test your partner

🕒 2 x 20 seconds on each leg

- Try to push partner off balance
- Keep weight on the ball of your foot
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



## 11. 1-leg squats

🕒 2 x 20 seconds on each leg

- Slowly bend your knee as far as you can
- Straighten knee slightly more quickly
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



## 12. Box jumps

🕒 3 x 20 seconds

- Alternate between jumping forwards and backwards
- From side to side and diagonally
- Soft landings
- 3 x 20 seconds



## 13. Running across the pitch

🕒 2 sets

- Accelerate to max speed
- 20-30 meters
- 2 sets



## 14. Bounding

🕒 2 sets

- Explosive long jumps
- Use an exaggerated arm swing for each step (opposite arm and leg)
- Knee over toe
- 20-30 meters
- 2 sets



## 15. Plant & Cut

🕒 2 sets

- Jog 4-5 steps, then plant on the outside leg and cut to change direction
- Accelerate 5-7 steps at high speed before decelerate and a new plant & cut
- 2 sets

