

1. Single-leg swings backwards-forwards

🕒 30 seconds per side, 2-3 repetitions

- Purpose: To improve stability in standing leg and mobility in swing leg for take off and landings
- Keep your body straight and knee aligned with toe
- Swing with straight leg
- Keep your pelvic stable
- 30 seconds per side, 2-3 repetitions



2. Single-leg swings sideways

🕒 30 seconds per side, 2-3 repetitions

- Purpose: To improve stability in standing leg and mobility in swing leg for take off and landings
- Keep your body straight and knee aligned with toe
- Swing with straight leg
- Keep your pelvic stable
- Keep shoulders and hips parallel with your feet pointing forwards
- 30 seconds per side, 2-3 repetitions



3. Scissors

🕒 3 x 30 seconds

- Purpose: To improve hip strength and control
- Stand on one leg and swing the other in front and behind you
- Keep your body and legs straight
- Perform fast but controlled movements
- 3 x 30 seconds



4. 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



5. Isolated squat

🕒 2-3 x 6-8 repetitions

- Purpose: Improve hamstring flexibility
- Bend forward and hold tightly behind your knees
- Maintain good hip, knee and ankle alignment
- Straighten knees without moving your hips or low back
- 2-3 x 6-8 repetitions



6. Wide-knee squat

🕒 3 x 8-16 repetitions

- Purpose: To improve hip mobility
- Squat with wide knees and your feet pointing outwards
- Keep your knees aligned with your toes
- Maintain good foot contact
- Keep your low back in a neutral position
- 3 x 8-16 repetitions



7. Jump forwards and backwards

🕒 3 x 10 jumps

- Purpose: To improve hip and knee control in landings
- Try to land in the same place every time
- Land softly with bent knees
- Keep your knees aligned over your toes
- 3 x 10 jumps



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- Perform fast but controlled movements
- 3 x 30 seconds



4. Squat + rotation

🕒 3 x 6 repetitions

- Purpose: To improve hip and knee control in rotation
- Perform an overhead squat, the lower the stick to one side of your body
- Keep the stick horizontal as you lower it
- Maintain good foot contact and both knees aligned with your toes
- 3 x 6 repetitions



5. Squat and reach

🕒 3 x 6 repetitions

- Purpose: To improve hip and knee control
- Stand in a half squat
- Reach and touch the floor: Forwards, backwards and diagonal
- Keep your knees aligned over your toes
- Maintain good foot contact throughout movement
- 3 x 6 repetitions



6. Jump with 90 degree turn

🕒 4 jumps in each direction

- Purpose: To improve technique for jumping on and off rails
- Jump onto a mat, turning 90 degrees in the air
- Land softly with your knees over your toes
- Land in the same spot every time
- Variations: Diagonally forwards and backwards, move to the right and left, rotate clockwise and anticlockwise
- 4 jumps in each direction



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- Keep your body straight and knee aligned with toe
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- Keep your pelvic stable
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- 30 seconds per side, 2-3 repetitions



3. Scissors

🕒 3 x 30 seconds

- Purpose: To improve hip strength and control
- Stand on one leg and swing the other in front and behind you
- Keep your body and legs straight
- Perform fast but controlled movements
- 3 x 30 seconds



4. Single leg squat + rotation

🕒 3 x 6 repetitions

- Purpose: To improve hip and knee control in rotation
- Perform an overhead single-leg squat, then lower the stick to the side of your body
- Keep the stick horizontal as you lower it
- Keep your knee aligned with your toes
- Variation: Rotate the other way
- 3 x 6 repetitions



5. Jump with 90 degree turn

🕒 4 jumps in each direction

- Purpose: To improve technique for jumping on and off rails
- Jump onto a mat, turning 90 degrees in the air
- Land softly with your knees over your toes
- Land in the same spot every time
- Variations: Diagonally forwards and backwards, move to the right and left, rotate clockwise and anticlockwise
- 4 jumps in each direction



6. 270 degree jump

🕒 4 jumps in each direction

- Purpose: To improve technique for jumping on and off rails
- Jump onto a mat, turning 270 degrees in the air
- Land softly with your knees over your toes
- Land in the same spot every time
- Variations: Turn clockwise and anticlockwise
- 4 jumps in each direction

