

1. Triangle run

🕒 2 court lengths

- Purpose: 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
- 2 court lengths



2. Run with backwards throws

🕒 2 court lengths

- Purpose: To warm up and strengthen the shoulder
- As you run, throw the ball backwards to your partner
- Throw by rotating the upper arm, keeping your elbow in the same position
- Try to catch the ball using the same technique
- 2 court lengths



3. Run with foot plant

🕒 2 court lengths

- Purpose: To warm up and improve hip and knee control
- Run 3 steps diagonally
- Plant your outside foot, pause, then change direction
- Land softly with your knee bent and aligned over your toes
- 2 court lengths



4. 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



5. Sidelying rotation

🕒 2–3 x 6–8 repetitions

- Purpose: To improve spinal flexibility
- Lie on your side with the top leg stabilising and both arms outstretched
- Rotate spine then stretch out your shoulder then elbow
- Keep your hips stable during the exercise
- 2–3 x 6–8 repetitions



6. 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



7. Shoulder external rotation

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulder rotator muscles
- The shoulder should be elevated and the elbow bent to 90 degrees
- Rotate the upper arm, keeping your elbow in the same place
- Start with a handball, then progress to a lightly weighted ball
- 3 x 8–16 repetitions



8. Push-up passes

🕒 3 x 30 seconds

- Purpose: To strengthen the shoulder and abdominal muscles
- Start facing your partner in push-up position
- Roll the ball to each other
- Progression: Perform a push-up between each pass
- 3 x 30 seconds



9. 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
- This exercise can also be done without a partner
- 3 x 8-16 repetitions



10. Backwards throws

🕒 3 x 8-16 repetitions

- **Purpose:** To warm up and strengthen the shoulder
- Throw the ball backwards to your partner
- Throw by rotating the upper arm, keeping your elbow in the same position
- Try to catch the ball using the same technique
- 3 x 8-16 repetitions



1. Forwards speed skating jumps

🕒 2 court lengths

- Purpose: To warm up and improve hip and knee control
- Move down the court in long speed skating jumps
- Land softly with your knee bent and aligned over your toes
- 2 court lengths



2. Run with backwards throws

🕒 2 court lengths

- Purpose: To warm up and strengthen the shoulder
- As you run, throw the ball backwards to your partner
- Throw by rotating the upper arm, keeping your elbow in the same position
- Try to catch the ball using the same technique
- 2 court lengths



3. Run and jump: Double-leg landing

🕒 2 court lengths

- Purpose: To 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
- Progression: Your partner pushes you while you're in the air
- 2 court lengths



4. Rotating jump with push

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Jump and rotate 90 degrees in the air
- Your partner should push you in unexpected directions while you're in the air
- Land softly with both your knees bent and aligned over your toes
- Progression: Rotate 180 degrees in the air
- 3 x 8–16 repetitions



5. Hip flexor stretch +

🕒 3 x 8–16 repetitions

- Purpose: To improve hip flexibility
- Start in a kneeling lunge position, pushing your trunk forward until you feel a stretch on the front of your hip
- Hold a ball in the hand opposite your forwardmost leg
- Lift the ball overhead and lean your trunk to the side
- 3 x 8–16 repetitions



6. Shoulder press

🕒 3 x 8–16 repetitions

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



7. Shoulder external rotation

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulder rotator muscles
- The shoulder should be elevated and the elbow bent to 90 degrees
- Rotate the upper arm, keeping your elbow in the same place
- Start with a handball, then progress to a lightly weighted ball
- 3 x 8–16 repetitions



8. Push-up passes

🕒 3 x 30 seconds

- Purpose: To strengthen the shoulder and abdominal muscles
- Start facing your partner in push-up position
- Roll the ball to each other
- Progression: Perform a push-up between each pass
- 3 x 30 seconds



9. 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
- This exercise can also be done without a partner
- 3 x 8-16 repetitions



10. Drop & catch

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulder
- Elevate your shoulder and bend your elbow to 90 degrees
- Drop the ball and catch it immediately
- Rotate your upper arm, keeping the elbow in the same place
- Gradually increase the ball weight
- Use a handball or small weight ball to challenge yourself
- 3 x 8-16 repetitions



1. Bounding

🕒 2 court lengths

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



2. Run with backwards throws

🕒 2 court lengths

- Purpose: To warm up and strengthen the shoulder
- As you run, throw the ball backwards to your partner
- Throw by rotating the upper arm, keeping your elbow in the same position
- Try to catch the ball using the same technique
- 2 court lengths



3. Run and jump: Single-leg landing

🕒 2 court lengths

- Purpose: To 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
- Progression: Your partner pushes you while you're in the air
- 2 court lengths



4. Rotating jump with push

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Jump single-leg and rotate 90 degrees in the air
- Your partner should push you in unexpected directions while you're in the air
- Land softly with your knees bent and aligned over your toes
- Your choice if you will start without a partner-push
- Progression: Rotate 180 degrees in the air
- 3 x 8–16 repetitions



5. Kneeling lunge with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve rotational flexibility
- Start in a kneeling lunge position
- Place one hand next to your front foot, and lift the opposite hand straight up
- Hold a ball while you rotate
- Keep your eyes on the ball
- 3 x 8–16 repetitions



6. Y fall

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and back
- Stand tall and raise your arms over your head
- Keep your arms elevated in a Y position
- Fall backwards towards your partner while you stiffen the muscles in your shoulders and back
- Your partner should push you back to your start position
- 3 x 8–16 repetitions



7. Overhead shoulder strength

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulder and upper back
- 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



8. Push up + backwards toe walk

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the chest, arms and abdomen
- Start by doing a normal push up
- Walk your whole body backwards and forwards using your ankles
- Maintain a neutral spine throughout the whole exercise
- 3 x 8–16 repetitions



9. 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
- This exercise can also be done without a partner
- 3 x 8-16 repetitions



10. Backwards throwing

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulder rotator muscles
- Throw by rotating the upper arm, keeping your elbow in the same position
- Try to catch the ball using the same technique
- Start with a handball, and progress to a small weighted ball
- 3 x 8-16 repetitions

