

1. Leg swing

🕒 3 x 30–60 seconds

- Purpose: To improve hip flexibility
- Support yourself on a partner or wall
- Stand on one leg
- Swing your leg in all directions
- Start slowly and increase the speed and range of motion
- 3 x 30–60 seconds



2. Single-leg balance

🕒 3 x 10–15 seconds

- Stand on one leg
- Find your balance
- keep knee straight
- Cross arms in front of chest
- 3 x 10–15 seconds



3. Single-leg balance on towel

🕒 3 x 10–15 seconds

- Stand on a towel
- Find your balance
- keep leg straight
- Cross arms in front of chest
- 3 x 10–15 seconds



4. Jumping with shoulder contact

🕒 3 x 8–16 repetitions

- Purpose: To enhance landings stability
- 2-leg jumps
- Jump sideways up to partners shoulder
- Keep 2-feet soft landings with knee over toe
- 3 x 8–16 repetitions



5. Sidelying-Adduction

🕒 3 x 8–16 repetitions

- Stabilise upper leg in front of body
- Lift lower leg, keep leg extended
- 3 x 8–16 repetitions



6. Squat with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve knee control and upper back flexibility
- Perform a deep squat and take one hand to opposite ankle at the bottom
- Fully rotate upper body as you straighten up
- Keep knees aligned over toes
- 3 x 8–16 repetitions



7. Squat and catch

🕒 3 x 8–16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright with feet hip-width apart
- Place your palms on top of partners hands
- Your partner unexpectedly drops the balls
- Squat and try to catch the two balls
- 3 x 8–16 repetitions



8. Nordic Hamstrings

🕒 3 x 3–5 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 3–5 repetitions



1. Single-leg balance on pad

🕒 3 x 10-15 seconds

- Stand on pad
- Find your balance
- Keep knee straight
- Cross arms in front of chest
- 3 x 10-15 seconds



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. Skating jump

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways with skating technique
- Land with your hip, knee and ankle in alignment
- Land softly with a bent knee
- 3 x 8-16 repetitions



4. Squat and catch

🕒 3 x 8-16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright with feet hip-width apart
- Place your palms on top of partners hands
- Your partner unexpectedly drops the balls
- Squat and try to catch the two balls
- 3 x 8-16 repetitions



5. Squat +

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8-16 repetitions



6. Copenhagen Adduction short

🕒 3 x 6-8 repetitions

- Partner stabilises knee, around knee
- Lift lower leg and elevate body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



7. Nordic Hamstrings

🕒 3 x 8-12 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 8-12 repetitions



1. Single-leg balance on board

🕒 3 x 10-15 seconds

- Stand on balance board
- Find your balance
- Keep knee straight
- 3 x 10-15 seconds



2. Dspin

🕒 3 x 8-16 repetitions

- Purpose: To increase stability in landings
- Perform a single-leg squat
- Rotate towards your non-standing leg at the bottom
- Rotate your upper body towards standing leg at the top
- 3 x 8-16 repetitions



3. Single-leg sideways hop

🕒 3 x 8-16 repetitions

- Purpose: To improve hip strength and control
- Put an elastic band around your waist
- Hop sideways against resistance
- Focus on soft landings
- Keep knee aligned over toes
- 3 x 8-16 repetitions



4. Speed skating jumps on balance mats

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- 3 x 8-16 repetitions
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8-16 repetitions



5. Copenhagen Adduction long

🕒 3 x 6-8 repetitions

- Partner stabilises leg, around ankle
- Elevate leg and body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



6. Nordic Hamstrings

🕒 3 x 8-12 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 8-12 repetitions

