

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 stick wrestle

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control
- Stand on one leg
- Try and force your partner off balance
- Keep your knee slightly bent and aligned over your toes
- 3 x 30 seconds



3. 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



4. 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



5. Rotational strength

🕒 3 x 8–16 repetitions

- Purpose: To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- Your partner resists while you rotate
- Take turns with your partner to rotate
- 3 x 8–16 repetitions



6. 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



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- 3 x 30–60 seconds



2. Single-leg stick wrestle

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control
- Stand on one leg
- Try and force your partner off balance
- Keep your knee slightly bent and aligned over your toes
- 3 x 30 seconds



3. Jump & Push

🕒 3 x 8–16 repetitions

- Purpose: To enhance landings stability
- Push partner gently while he/she is jumping
- Push-off with both legs
- Keep 2-feet soft landings with knee over toe
- Increase challenge with single-leg jumps
- 3 x 8–16 repetitions



4. 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



5. Rotational strength

🕒 3 x 8–16 repetitions

- Purpose: To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- Your partner resists while you rotate
- Take turns with your partner to rotate
- 3 x 8–16 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



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. Moving skating jump

🕒 3 x 5–10 meter

- Purpose: To improve hip and knee control
- Jump forwards with skating technique
- Keep your knees aligned over your toes
- Land softly with a bent knee
- 3 x 5–10 meter



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. 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



5. Rotational strength

🕒 3 x 8–16 repetitions

- Purpose: To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- Your partner resists while you rotate
- Take turns with your partner to rotate
- 3 x 8–16 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

