

1. Supine neck strength +

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the neck muscles
- Lift your head and tuck your chin in
- Partner gives gentle resistance to the movement
- 3 x 8–16 repetitions



2. Prone neck strength

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the neck
- Lie on a bench with your head over the edge
- Slowly lower and raise your head
- 4 seconds per repetition
- 3 x 8–16 repetitions



3. Supine neck strength

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the neck
- Lie on a bench with your head hanging over the edge
- Slowly raise and lower your head
- 4 seconds per repetition
- 3 x 8–16 repetitions



4. Forearm strength 1

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the forearm muscles
- Start with palm of your hands downwards
- Flex your wrist upwards and return slowly down
- Partner provides resistance
- 3 x 8–16 repetitions



5. Forearm strength 2

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the forearm muscles
- Start with palm of your hands facing upwards
- Flex your wrist upwards and return slowly down
- Partner provides resistance
- 3 x 8–16 repetitions



6. Standing Y +

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Keep your body upright and extend your arms overhead
- Expand the elastic before lifting up the arms
- Elbows should remain in the same position during the exercise
- Squeeze your shoulder blades together at the top
- 3 x 8–16 repetitions



7. Back extension

🕒 2–3 x 6–8 repetitions

- Purpose: To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2–3 x 6–8 repetitions



8. 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



9. 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



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- Start with palm of your hands facing upwards
- Flex your wrist upwards and return slowly down
- Partner provides resistance
- 3 x 8–16 repetitions



6. Squat +

🕒 3 x 8–16 repetitions

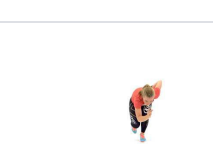
- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8–16 repetitions



7. Long speed skating jump

🕒 3 x 8–16 repetitions

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



8. 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



9. Upwards Y

🕒 3 x 8-16 repetitions

- Elevate your chest, squeeze the shoulder-blades together
- Pull the elastic band upwards with both arms, make a y-pattern
- 3 x 8-16 repetitions



10. Lower the arm

🕒 3 x 8-16 repetitions

- Stretch the elastic band to a position similar to a shot position
- Lower the arm and rotate upwards
- Back to start position
- 3 x 8-16 repetitions



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3. Neck stability

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the neck
- Kneel on all fours
- Partner places hands on top of your head
- Slowly lift your head
- Partner provides resistance
- 3 x 8–16 repetitions



4. Forearm strength 1

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the forearm muscles
- Start with palm of your hands downwards
- Flex your wrist upwards and return slowly down
- Partner provides resistance
- 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. Squat challenge +

🕒 3 x 8–16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright on a bosu 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



7. Release and catch

🕒 3 x 8–16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Place elbow and arm in 90 degrees
- Release the grip on the ball
- Catch the ball immediately
- Use a small weight ball
- 3 x 8–16 repetitions



8. Y

🕒 3 x 8–16 repetitions

- Purpose: To increase control in the shoulder complex
- Stand with one foot on the elastic band
- Elevate arms towards the ceiling, like in a Y-pattern
- 3 x 8–16 repetitions



9. Lower the arm

🕒 3 x 8–16 repetitions

- Stretch the elastic band to a position similar to a shot position
- Lower the arm and rotate upwards
- Back to start position
- 3 x 8–16 repetitions

