

## 1. Squats

🕒 3 x 8-16 repetitions

- Feet hip-width apart
- Start the movement in the hips
- Knees aligned with toes
- Imagine sitting down on a chair
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 2. Forward lunge

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Lunge forward
- Keep knees aligned with toes
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 3. Sidelying adduction

🕒 3 x 8-16 repetitions

- Purpose: Strengthen the groin muscles
- Stabilize upper leg in front of body
- Lift lower leg, keep leg extended
- Slow and controlled tempo
- 3 x 8-16 repetitions



## 4. Ankle jumps

🕒 3 x 15 repetitions

- Purpose: To improve leg stability
- Perform short jumps
- Soft landing with minimal flexion in the knees
- 3 x 15 repetitions



## 5. Upwards Y

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders
- Pull the elastic band upwards with both arms, make a y-pattern
- Keep arms straight
- Elevate your chest and squeeze the shoulder-blades together
- 3 x 8-16 repetitions



## 6. Leg curl

🕒 3 x 8-16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



## 1. Forward speed skating jumps

🕒 Across the field

- 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 toes
- Across the field



## 2. Lunge with rotation

🕒 3 x 30 seconds

- Purpose: To improve back mobility
- Lunge forward
- Keep knees aligned with toes
- Maintain upper body in upright position
- Rotate the upper body to each side
- 3 x 30 seconds



## 3. Copenhagen adductor short

🕒 3 x 6-8 repetitions

- Purpose: Strengthen groin muscle
- Partner stabilizes the leg around the knee
- Raise your body from the ground and lift the lower leg
- Keep your body in a straight line
- Slow and controlled tempo
- 3 x 6-8 repetitions



## 4. Squat jumps

🕒 3 x 30 seconds

- Jump as high as possible
- Land softly with your knees bent
- Keep knees aligned with toes
- 3 x 30 seconds



## 5. Upwards Y

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders
- Pull the elastic band upwards with both arms, make a y-pattern
- Keep arms straight
- Elevate your chest and squeeze the shoulder-blades together
- 3 x 8-16 repetitions



## 6. Nordic Hamstring with elastic band

🕒 3 x 6-8 repetitions

- Kneel on a soft mat or balance pad
- Loop an elastic band around your waist
- Keep upper body and hips straight as you move forwards
- Use your hamstring muscles to slow the forward motion
- Use your arms to push yourself back to starting position
- 3 x 6-8 repetitions



## 1. Run and jump: single-leg landing

🕒 Across the field

- Purpose: To warm up and 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
- Across the field



## 2. Squats +

🕒 3 x 8-16 repetitions

- Purpose: To improve knee control
- Feet hip-width apart, on a bosu ball
- Start the movement in the hips
- Knees aligned with toes
- Imagine sitting down on a chair
- Maintain upper body in upright position
- To increase difficulty; catch and throw a ball while doing the exercise
- 3 x 8-16 repetitions



## 3. Single-leg squat

🕒 As many repetitions you can do with good control

- Purpose: To strengthen the thigh muscles and improve
- Stand on one leg and squat down, keep your knee aligned over toes
- Slowly return to start position
- Avoid rotating and tilting the hips
- As many repetitions you can do with good control



## 4. Copenhagen adductor long

🕒 3 x 6-8 repetitions

- Purpose: Strengthen groin muscle
- Partner stabilizes the leg around the ankle
- Raise your body from the ground and lift the lower leg
- Keep your body in a straight line
- Slow and controlled tempo
- 6 x 6-8 repetitions



## 5. Upwards Y

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders
- Pull the elastic band upwards with both arms, make a y-pattern
- Keep arms straight
- Elevate your chest and squeeze the shoulder-blades together
- 3 x 8-16 repetitions



## 6. Nordic Hamstring

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the hamstring muscles
- Kneel on a soft mat or balance pad
- Keep upper body and hips straight as you fall forwards
- Use your hamstring muscles to slow the downwards motion
- Use your arms to push yourself back to starting
- 3 x 6-8 repetitions

