

1. Side lunge

🕒 3 x 8-16 repetitions

- Purpose: To increase quality in changes of direction
- Wide stance
- Do lunges sideways
- Knees in alignment with toes
- Elevate arms towards the ceiling
- 3 x 8-16 repetitions



2. 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



3. Pull the sword

🕒 3 x 8-16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Stand with one foot on the elastic band
- Elevate the arm in a diagonal line
- Then rotate upper body
- 3 x 8-16 repetitions



4. Rotate and lift

🕒 3 x 8-16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Keep your shoulder and elbow in 90 degrees
- Pull and rotate, then press upwards
- Maintain position at the top in 1 sec
- 3 x 8-16 repetitions



5. Medicine ball slams

🕒 3 x 8-16 repetitions

- Purpose: To increase explosive muscle power in the upper body
- Rotate upper body and throw ball to the ground
- Throw with in an explosive manner
- 3 x 8-16 repetitions



1. 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



2. Pull the sword

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- Purpose: To increase power and control in the rotator cuff
- Stand with one foot on the elastic band
- Elevate the arm in a diagonal line
- Then rotate upper body
- 3 x 8-16 repetitions



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- Rotate upper body and throw ball to the ground
- Throw with in an explosive manner
- 3 x 8-16 repetitions



4. Star lunges

🕒 2-3 rounds

- Purpose: Increase quality in changes of direction
- Do lunges in different directions; like in a star pattern
- Knee in alignment with toes on the front leg
- 2-3 rounds



5. Changes of direction

🕒 10 x 15 sec, 15 sec rest in between sets

- Purpose: Increase stability in changes of direction
- Focus on soft landings with knee slightly bend
- Knees in alignment with toes
- Land exactly on the mark
- 10 x 15 sec, 15 sec rest in between sets



1. 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



2. Glider

🕒 3 x 8-16 repetitions

- Purpose: To increase strength and control in the hamstrings
- Use a piece of carpet or similar
- Move leg backwards in slow tempo
- Push leg into ground and push forwards
- 3 x 8-16 repetitions



3. Jump turns

🕒 3 x 8-16 repetitions

- Purpose: To increase stability in landings
- Elastic band as resistance
- Jump in different directions
- Knee aligned with toes
- 3 x 8-16 repetitions



4. Changes of direction

🕒 10 x 15 sec, 15 sec rest in between sets

- Purpose: To increase stability in changes of direction
- Focus on soft landings with knee slightly bend
- Knee in alignment with toes
- Land exactly on the mark
- 10 x 15 sec, 15 sec rest in between sets



5. Agility

🕒 3 x 8-16 repetitions

- Purpose: To increase quality in eye-hand coordination
- Focus on soft landings
- Knees in alignment with toes
- 3 x 8-16 repetitions

