

1. Straight ahead

🕒 2 sets

- Increase speed progressively
- 20–30 meters
- 2 sets



2. Circling partner

🕒 2 sets

- Shuffle sideways by 90 degrees to the middle
- Shuffle circle around one other
- Stay on toes
- Slightly bend hip and knees
- 2 sets



3. Quick forwards & backwards

🕒 2 sets

- Quickly forwards 2 cones
- Quickly backwards 1 cone
- 2 sets



4. Bench - static

🕒 3 x 20 seconds

- Lift up body supported on forearms
- Pull in your stomach
- Body in straight line
- 3 x 20 seconds



5. Sideways bench - raise & lower hip

🕒 3 x 20 seconds on each side

- Supported on elbow
- Body in straight line
- Raise & lower hip
- 3 x 20 seconds on each side



6. Side-lying groin strengthening

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Lie on your side with your top leg bent forwards
- Lift the lower leg straight upwards and lower slowly
- Perform the exercise slowly
- Keep your foot horizontal throughout the exercise
- 3 x 8–16 repetitions



7. Nordic Hamstrings - beginner

🕒 3 x 3–5 repetitions

- 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



8. Single-leg stance - hold the ball

🕒 2 x 20 seconds on each leg

- Vary ball activities to challenge yourself
- Keep weight on the ball of your foot
- Hip-knee- toe in line
- 2 x 20 seconds on each leg




9. Squats with toe raise

🕒 3 x 20 seconds


- Feet hip-width apart
- 2-leg squat with final toe raise
- Hip-knee- toe in line
- 3 x 20 seconds




10. Vertical jumps

 3 x 20 seconds


- From squat position, jump up as high as you can
- Soft landings
- Hip-knee- toe in line
- 3 x 20 seconds



11. Running across the pitch

 2 sets

- Accelerate to max speed
- 20-30 meters
- 2 sets




12. Bounding

 2 sets


- Explosive long jumps
- Use an exaggerated arm swing for each step (opposite arm and leg)
- Knee over toe
- 20-30 meters
- 2 sets



13. Plant & Cut

 2 sets

- Jog 4-5 steps, then plant on the outside leg and cut to change direction
- Accelerate 5-7 steps at high speed before decelerate and a new plant & cut
- 2 sets



1. Straight ahead

🕒 2 sets

- Increase speed progressively
- 20–30 meters
- 2 sets



2. Circling partner

🕒 2 sets

- Shuffle sideways by 90 degrees to the middle
- Shuffle circle around one other
- Stay on toes
- Slightly bend hip and knees
- 2 sets



3. Quick forwards & backwards

🕒 2 sets

- Quickly forwards 2 cones
- Quickly backwards 1 cone
- 2 sets



4. Bench - alternating legs

🕒 3 x 20 seconds

- Lift up body supported on forearms
- Pull in your stomach
- Body in straight line
- Lift each leg in turn and hold 2s
- 3 x 20 seconds



5. Sideways bench

🕒 3 x 20 seconds on each side

- Supported on elbow
- Body in straight line
- Stable core
- 3 x 20 seconds on each side



6. Copenhagen adductor short

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you above the knee
- Keep your body stable, lower and lift the bottom leg
- Keep your body in a straight line
- Perform the exercise slowly
- 3 x 8–16 repetitions



7. Nordic Hamstrings - intermediate

🕒 3 x 6–8 repetitions

- 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 6–8 repetitions



8. Single-leg stance - throwing ball with partner

🕒 2 x 20 seconds on each leg

- Stand 2–3 m apart from your partner
- Keep weight on the ball of your foot
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



9. Squats with walking lunges

🕒 3 x 20 seconds

- Lunge forward slowly
- As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees
- Hip-knee- toe in line
- 3 x 20 seconds



10. Lateral jumps

🕒 3 x 20 seconds

- Jump from side to side
- Bend hips and knees slightly as you land
- Do not let your knee buckle inwards
- Maintain balance with each jump
- 3 x 20 seconds



11. Running across the pitch

🕒 2 sets

- Accelerate to max speed
- 20-30 meters
- 2 sets



12. Bounding

🕒 2 sets

- Explosive long jumps
- Use an exaggerated arm swing for each step (opposite arm and leg)
- Knee over toe
- 20-30 meters
- 2 sets



13. Plant & Cut

🕒 2 sets

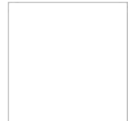
- Jog 4-5 steps, then plant on the outside leg and cut to change direction
- Accelerate 5-7 steps at high speed before decelerate and a new plant & cut
- 2 sets



1. Straight ahead

🕒 2 sets

- Increase speed progressively
- 20–30 meters
- 2 sets



2. Circling partner

🕒 2 sets

- Shuffle sideways by 90 degrees to the middle
- Shuffle circle around one other
- Stay on toes
- Slightly bend hip and knees
- 2 sets



3. Quick forwards & backwards

🕒 2 sets

- Quickly forwards 2 cones
- Quickly backwards 1 cone
- 2 sets



4. Bench - lift & hold

🕒 3 x 20 seconds

- Lift up body supported on forearms
- Pull in your stomach
- Body in straight line
- Lift leg and hold for 20 seconds
- 3 x 20 seconds



5. Copenhagen adductor

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you at the knee and ankle
- Keep your body stable, lower and lift the bottom leg
- Keep your body in straight line
- Perform the exercise slowly
- 3 x 8–16 repetitions



6. Sideways bench - with leg lift

🕒 3 x 20 seconds on each side

- Supported on elbow
- Body in straight line
- Lift up hip and swing upper leg
- 3 x 20 seconds on each side



7. Nordic Hamstrings

🕒 3 x 8–12 repetitions

- 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



8. Single-leg stance - test your partner

🕒 2 x 20 seconds on each leg

- Try to push partner off balance
- Keep weight on the ball of your foot
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



9. 1-leg squats

🕒 2 x 20 seconds on each leg

- Slowly bend your knee as far as you can
- Straighten knee slightly more quickly
- Hip-knee- toe in line
- 2 x 20 seconds on each leg



10. Box jumps

 3 x 20 seconds

- Alternate between jumping forwards and backwards
- From side to side and diagonally
- Soft landings
- 3 x 20 seconds



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 2 sets

- Accelerate to max speed
- 20-30 meters
- 2 sets



12. Bounding

 2 sets

- Explosive long jumps
- Use an exaggerated arm swing for each step (opposite arm and leg)
- Knee over toe
- 20-30 meters
- 2 sets



13. Plant & Cut

 2 sets

- Jog 4-5 steps, then plant on the outside leg and cut to change direction
- Accelerate 5-7 steps at high speed before decelerate and a new plant & cut
- 2 sets

