

## 1. Jumping with shoulder contact

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Jump sideways up to partners shoulders
- Take off and land with both legs
- Keep knees over toes
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 2. Single leg balance

🕒 3 x 15 seconds

- Purpose: Improve leg stability
- Stand on one leg on a balanced eller uneven surface
- Keep shoulder, hip, knee and foot aligned on the standing leg
- Progression: Take off your shoes, close your eyes
- 3 x 15 seconds



## 3. 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



## 4. Squat on balance pad

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Feet hip-width apart
- Sit down as if on a chair
- Maintain upper body in upright position
- Keep knees over toes
- 3 x 8-16 repetitions



## 5. Rotational strength

🕒 3 x 8-16 repetitions

- Stand with you feet shoulder-width apart
- Keep your arms straight
- Your partner resists the movement while you rotate
- Take turns with your partner to rotate
- 3 x 8-16 repetitions



## 6. Modified Nordic Hamstring

🕒 3 x 3-5 repetitions

- Purpose: To strengthen the hamstring muscles
- Lie on the floor with the knees bent to 90 degrees
- Partner gives resistance to the movement
- Keep your hips in the floor throughout the exercise
- 3 x 3-5 repetitions



## 7. The diver with stick

🕒 3 x 8-16 repetitions

- Find your balance with knee slightly bent
- Tilt your upper body forwards
- Keep your head, back and opposite leg in a straight line
- Hold the stick in front of you with straight arms
- 3 x 8-16 repetitions



## 8. Sidelying adduction

🕒 3 x 8-16 repetisjoner

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



## 9. Push ups

🕒 3 x 8-16 repetitions

- Purpose: To strengthen shoulder and core muscles
- Do push ups
- Keep alignment from head to toe
- 3 x 8-16 repetitions



## 10. Rotational throw

🕒 3 x 8-16 repetitions

- Purpose: To improve rotation strength
- Feet hip width apart, one foot in front of the other
- Rotate your body and throw the ball to partner
- 3 x 8-16 repetitions



## 1. Forward speed skating jumps

🕒 3 x 8-16 repetitions

- Purpose: To warm up and improve hip and knee control
- Perform the exercise across the field
- Do long speed skating jumps
- Land softly with knee over toes
- 3 x 8-16 repetitions



## 2. Jump and push

🕒 3 x 8-16 repetitions

- Purpose: Improve leg stability
- Jump while your partner pushes you in different directions
- Land softly with knees aligned with toes
- Maintain upper body in upright position
- Progression: Catch and throw a ball while doing the exercise
- 3 x 8-16 repetitions



## 3. Single leg balance

🕒 3 x 15 seconds

- Purpose: Improve leg stability
- Stand on one leg on a balanced eller uneven surface
- Keep shoulder, hip, knee and foot aligned on the standing leg
- Progression: Take off your shoes, close your eyes
- 3 x 15 seconds



## 4. Rotational strength

🕒 3 x 8-16 repetitions

- Stand with you feet shoulder-width apart
- Keep your arms straight
- Your partner resists the movement while you rotate
- Take turns with your partner to rotate
- 3 x 8-16 repetitions



## 5. Forward lunge with stick

🕒 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



## 6. Squat with elastic band

🕒 3 x 8 repetitions

- Purpose: To improve leg stability
- 3 x 8-16 repetitions
- Feet hip-width apart
- Elastic band around knees
- Sit down as if on a chair
- 3 x 8 repetitions



## 7. Nordic Hamstrings with elastic

🕒 3 x 3-5 repetitions

- 3 x 3-5 repetitions



## 8. The diver with stick

🕒 3 x 8-16 repetitions

- Find your balance with knee slightly bent
- Tilt your upper body forwards
- Keep your head, back and opposite leg in a straight line
- Hold the stick in front of you with straight arms
- 3 x 8-16 repetitions



## 9. Copenhagen adduction short

🕒 3 x 6-8 repetitions

- Purpose: Strengthen groin muscle
- Partner stabilizes around knee
- Lift lower leg and elevate body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



## 10. Push ups

🕒 3 x 8-16 repetitions

- Purpose: To strengthen shoulder and core muscles
- Do push ups
- Keep alignment from head to toe
- 3 x 8-16 repetitions



## 11. Rotational throw +

🕒 3 x 8-16 repetitions

- Purpose: To improve rotational strength
- Stand on a balance pad
- Feet hip-width apart, one foot in front of the other
- Rotate body and throw the ball to partner
- 3 x 8-16 repetitions



## 1. Speed skating jumps with elastic band

🕒 3 x 8-16 repetitions

- Purpose: To warm up and improve knee and hip control
- Perform across the field
- Elastic band around the waist
- Do long speed skating jumps
- Partner gives resistance to the movement
- Land softly with knee over toe
- 3 x 8-16 repetitions



## 2. Jump and push

🕒 3 x 8-16 repetitions

- Purpose: Improve leg stability
- Jump while your partner pushes you in different directions
- Land softly with knees aligned with toes
- Maintain upper body in upright position
- Progression: Catch and throw a ball while doing the exercise
- 3 x 8-16 repetitions



## 3. Single-leg hops on balance pad

🕒 3 x 15 seconds

- Purpose: Improve leg stability
- Stand on one leg on a balance pad or uneven surface
- Hop to the other foot and back to start position
- Progression: Hop back and forth on the same foot
- 3 x 15 seconds



## 4. Rotational strength

🕒 3 x 8-16 repetitions

- Stand with you feet shoulder-width apart
- Keep your arms straight
- Your partner resists the movement while you rotate
- Take turns with your partner to rotate
- 3 x 8-16 repetitions



## 5. Forward lunge with stick

🕒 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



## 6. Single leg squat

🕒 As many as possible with good control

- Purpose: Strengthen quadriceps and gluteal muscles and improve lower limb control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



## 7. 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 falling motion
- Use your arms to push yourself back to starting position
- 3 x 6-8 repetitions



## 8. The diver with stick and rotation

🕒 3 x 8-16 repetitions

- Purpose: Improve trunk control and hamstring strength
- Find your balance on one leg with the knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back, and opposite leg in a straight line
- Raise your arms in front of you and rotate to the side
- 3 x 8-16 repetitions



## 9. Copenhagen adduction long

🕒 3 x 6-8 repetitions

- Purpose: Strengthen groin muscle
- Partner stabilizes the leg, around the ankle
- Elevate leg and body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



## 10. Push up with slides

🕒 3 x 8-16 repetitions

- 3 x 8-16 repetitions



## 11. Rotational throw +

🕒 3 x 8-16 repetitions

- Purpose: To improve rotational strength
- Stand on a balance pad
- Feet hip-width apart, one foot in front of the other
- Rotate body and throw the ball to partner
- 3 x 8-16 repetitions

