



WARM UP | PREPARE TO PERFORM | Before Every Training + Match – 8-10 minutes (Complete all Exercises)



RUNNING
STRAIGHT AHEAD
Increase speed on the second set. **2 sets.**



RUNNING
HIP OUT
Keep controlled through the whole movement. **2 sets.**



RUNNING
HIP IN
Keep controlled through the whole movement. **2 sets.**



RUNNING
CIRCLING PARTNER
Stay on the toes, with hips & knees bent. **2 sets.**



RUNNING
SHOULDER CONTACT
Land softly, don't let knees buckle in **2 sets.**



RUNNING
QUICK FORWARDS & BACKWARDS
Control accel & decel, small quick steps. **2 sets.**



RUNNING
BUILDING SPEED
Build to 75-80% speed. **2 sets.**



RUNNING
BOUNDING
Knees high & "spring". **2 sets.**



RUNNING
PLANT & CUT
Knees inline with hips & ankles, don't let knees buckle in. **2 sets.**

PERFORMANCE | STRENGTH · BALANCE · POWER | Perform at Training or Home - 5 minutes (Complete all Exercises 2 to 3x/week)

LEVEL 1



THE BENCH
STATIC
Keep the body & head straight. **3 sets x 20-30secs.**



SIDWAYS BENCH
STATIC
Hold position for 20-30secs. Repeat **3x each side.**



SINGLE-LEG STANCE
HOLD THE BALL
Don't let the knee buckle in, you can move the ball around the body. Hold for **30secs x 2.**



JUMPING
VERTICAL JUMPS
Do not let the knees buckle inwards, land "softly". **2 sets x 30secs.**

LEVEL 2



THE BENCH
ALTERNATE LEGS
Lift each leg and hold for 2 secs, continue for 40-60 secs, perform **3 sets.**



SIDWAYS BENCH
RAISE & LOWER HIP
Controlled hip lower to ground and raise up. **3 x 20-30secs each side.**



SINGLE-LEG STANCE
THROW BALL TO PARTNER
Weight on the ball of the foot & prevent knee from buckling in. **2 x 30secs.**



JUMPING
LATERAL JUMPS
Do not let the knees buckle inwards, land "softly". **2 sets x 30secs.**

LEVEL 3



THE BENCH
ONE LEG LIFT AND HOLD
Lift each leg and hold for 2 secs, continue for 40-60 secs, perform **3 sets.**



SIDWAYS BENCH
ONE LEG LIFT
Lift and lower the upper most leg slowly for 20-30secs. Repeat **x 3 each side.**



SINGLE-LEG STANCE
TEST YOUR PARTNER
Weight on the ball of the foot & prevent knee from buckling in. **2 x 30secs.**



JUMPING
BOX JUMPS
Do not let the knees buckle inwards, land "softly". **2 sets x 30secs.**

COOLDOWN | PERFORMANCE · RESILIENCE | Perform at the End of Training or Home – 5 minutes (Complete all Exercises 2 to 3x/week)

LEVEL 1



HAMSTRINGS
BEGINNER
Trunk straight, lower as slowly as possible. Start 1 set x 3-5. Progress to **1 set x 8-10.**



QUADRICEPS
WITH TOE RAISE
Don't let the knees buckle, legs completely straighten. **2 sets x 30secs.**



GROIN/ADDUCTORS
LEVEL 1
Lift bottom leg. Hold for 4-5secs. Start 1 set x 3-5 reps. Progress to **8-10 reps.**

LEVEL 2



HAMSTRINGS
INTERMEDIATE
Trunk straight, lower as slowly as possible. Progress to **2 sets x 6-8.**



QUADRICEPS
WALKING LUNGES
Ensure knees do not go over toes, balance between steps. **2 sets x 10 each leg.**



GROIN/ADDUCTORS
LEVEL 2
Top leg steady, slow lower leg movement. Start 1 set x 3-5 reps. Progress to **1 set x 7-10 reps.**

LEVEL 3



HAMSTRINGS
ADVANCED
Trunk straight, lower as slowly as possible. Progress to **3 sets x 8-10.**



QUADRICEPS
ONE-LEGGED SQUATS
Don't let knee buckle in, bend knee slowly, straighten quickly. **2 sets x 10 each leg.**



GROIN/ADDUCTORS
LEVEL 3
3-4 sec controlled lowering and lifting of the pelvis. Start 1 set x 3-5 reps. Progress to **1 x 12-15 reps.**