



## Jogging / Running straight ahead

Duration: 20 sec | Intensity: medium | Sets: 2 | Rest: 20 sec

Jog straight ahead down field

Keep your upper body straight

Make sure to keep hips, knees and feet in alignment

Don't let knee buckle inwards



## Zig-Zag Run

sets: 2 | cones: 6 each side

### Execution:

- Run in diagonal lines
- Focus on: 1) Acceleration and deceleration; 2) The change in direction
- Keep your upper body straight
- Make sure to keep hips, knees and feet in alignment
- Don't let knee buckle inwards



*Run in diagonals*





## Waking Deadlifts

steps / reps: 10 | sets: 2

### Execution:

- Take a slow step forward
- Keep arms wide
- Reach towards the ground with your trunk, keeping legs straight
- Return to start position and repeat on opposite leg
- Keep hips level and don't dip to either side
- Straight line with back and the leg that is moving upwards



Arms wide



Take a slow step forward



Legs straight, lean towards the ground



Rise up



Repeat on opposite side

## Airplane Rotation

Sets: 2 | Reps: 5 each side

### Preparation:

- Stand with good posture

### Execution:

- Bend forward at the hip standing on one leg
- Keep the back leg and spine straight
- Position your arms out to the side like wings
- Now tilt your wings rotating your entire body away from your stance leg



Make an airplane



Tilt wings

## Plank - Forearms and Feet

hold: 20sec | reps: 3

### Preparation:

- Position yourself on knees and forearms

### Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch



Start on stomach



Plank on forearms and feet



## Side Plank - Forearm and Feet

hold: 20 sec | reps: 2 reps each side

### Preparation:

- Position yourself on your side as shown
- Have your knees, hips and head in a straight line

### Execution:

- Push up onto your elbow and lift hips off the floor



Start Position



Hold Plank

## Single Leg Lateral Hop - Repeated

reps: 10 jumps | sets: 2 | rest: 20 sec

### Preparation:

- Stand balancing on one foot

### Execution:

- Perform a small single leg squat
- Take a small hop to the other foot
- Absorb the shock by bending at the hip, knee and ankle (triple flexion)
- Immediately hop back onto other foot
- Do NOT let knees collapse inwards



Start Position



Load and hop



Land soft



Hop back to start

## Bounding

Bounds: 10 | sets: 2

### Execution:

- Bend at knees and hip, propel yourself forward onto the opposite leg
- Absorb the shock by bending at the hip, knee and ankle (triple flexion)
- Do NOT let knees collapse inwards
- Immediately jump forward onto other foot
- Continue forward



Bend at hips and knees



Bound forward onto opposite leg



Keep going





## Tuck Jump Lateral Double Leg (Land and Stick)

reps: 10 | sets: 2

### Preparation:

- Start in a semi-squat position
- Engage your core

### Execution:

- Jump up and to the side exploding from the hips
- Bring knees towards chest and parallel to the ground while in the air
- Land absorbing the shock with triple flexion (hips, knees, ankles)
- Do NOT let knees collapse inwards
- Hold the landing for 2 seconds
- Repeat jumping to the other side

### Note:

- **Knees to chest**
- **NOT chest to knees**



*Semi Squat*



*Jump up and to side, knees to chest*



*Absorb shock*

## V-Sit - Knees Straight

hold: 20 sec | reps: 2

Keep knees and back straight

Bend is in hips in pike position



## Nordic Hamstring

Sets: 2 | Reps: 5

Find a partner.

One person should be on their knees while their partner is holding their legs.

The person kneeling should be in a straight line from their knees to shoulders. They then lean forward as far as they can without breaking their nice straight line between their hips and shoulders.

As the person leans forward when they lose this line they can put their hands on the ground and go back to the start position for their next rep

