

PERFORM



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



RUNNING STRAIGHT AHEAD
The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. As a pair, jog together from the first pair of cones to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets.**



RUNNING HIP OUT
Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones. **2 sets.**



RUNNING HIP IN
Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip inwards. Alternate between left and right legs at successive cones. **2 sets.**



RUNNING CIRCLING PARTNER
Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. Shuffle an entire circle around one other and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets.**



RUNNING SHOULDER CONTACT
Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then jump sideways towards each other to make shoulder-to-shoulder contact.
Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land. **2 sets.**



RUNNING QUICK FORWARDS & BACKWARDS
As a pair, run quickly to the second set of cones then run backwards quickly to the first pair of cones keeping your hips and knees slightly bent. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets.**



RUNNING BUILDING SPEED
Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets.**



RUNNING BOUNDING
Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets.**



RUNNING PLANT & CUT
Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **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
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets.**



SIDWAYS BENCH STATIC
Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**



SINGLE-LEG STANCE HOLD THE BALL
Starting position: Stand on one leg.
Exercise: Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets.**



JUMPING VERTICAL JUMPS
Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **2 sets.**

LEVEL 2



THE BENCH ALTERNATE LEGS
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets.**



SIDWAYS BENCH RAISE & LOWER HIP
Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**



SINGLE-LEG STANCE THROW BALL TO PARTNER
Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg.
Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. **2 sets.**



JUMPING LATERAL JUMPS
Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent.
Exercise: Jump approx. 1m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. **2 sets.**

LEVEL 3



THE BENCH ONE LEG LIFT AND HOLD
Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. **3 sets.**



SIDWAYS BENCH ONE LEG LIFT
Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.
Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side.**



SINGLE-LEG STANCE TEST YOUR PARTNER
Starting position: Stand on one leg opposite your partner and at arms length apart.
Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. **2 sets.**



JUMPING BOX JUMPS
Starting position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it.
Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. **2 sets.**

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

LEVEL 1



HAMSTRINGS BEGINNER
Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Start with 1 set of 3-5 reps. Progress to 1 set of 8-10 reps with good technique. When comfortable you can progress to the next level.



QUADRICEPS WITH TOE RAISE
Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets.**



GROIN/ADDUCTORS LEVEL 1
Starting position: Lie on your side with the bottom leg straight and the top leg flexed to 90 degrees at the hip and knee.
Exercise: Lift your bottom leg straight up and hold it for 4-5 secs. Start with 1 set of 3-5 reps. Progress to 1 set of 8-10 reps with good technique. When comfortable you can progress to the next level.

LEVEL 2



HAMSTRINGS INTERMEDIATE
Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Perform 2 sets of 6-8.



QUADRICEPS WALKING LUNGES
Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.
Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. **2 sets.**



GROIN/ADDUCTORS LEVEL 2
Starting position: Lie on your side with one forearm as a support on the floor and your other arm placed along the body. Have your partner kneel and place your top leg on their thigh.
Exercise: Raise your body from the floor and lift your bottom leg to the top leg so your feet touches your partners thigh. Repeat while keeping your body elevated. Start with 1 set of 3-5 reps. Progress to 1 set of 7-10 reps. When comfortable you can progress to the next level.

LEVEL 3



HAMSTRINGS ADVANCED
Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.
Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Progress to performing 3 sets of 8-10 reps with good technique.



QUADRICEPS ONE-LEGGED SQUATS
Starting position: Stand on one leg, loosely holding onto your partner.
Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. **2 sets.**



GROIN/ADDUCTORS LEVEL 3
Starting position: The same set up position as level 2. This level includes an eccentric lower component for the upper leg.
Exercise: Your bottom leg is still lifted upwards and then the body is lowered halfway to the ground while the foot of your bottom leg is lowered so that it just touches the floor without using it for support. This should be done slowly for a duration of 3-4 secs. Start with 1 set of 3-5 reps. Progress to 1 set of 12-15 reps.