

Hamstring lower



→ Player kneels with a partner holding his ankles



→ With hands by the side, player slowly leans forward from the knees; keep the body as straight as possible for as long as possible before falling forward onto the hands



→ To get back to the start position, push up with the hands rather than using the hamstrings

2 sets x 5 reps

Side lying leg lift

- Lie on the side with the top leg bent at the hip and knee
- Lift bottom leg slowly off the ground, hold at highest point, then lower it slowly to the ground
- Exercise Tempo – 2-2-2 (2 seconds to lift, 2 seconds to hold and 2 seconds to lower)

3 sets x 5 reps each leg



Side plank lift and lower hips

- Lie on the side with one leg on top of the other; distribute the body weight evenly over the forearm
- Slowly lift the hips to achieve a straight body
- Slowly lower the hips to the ground
- Exercise Tempo – 2-2 (2 seconds to lift and 2 seconds to lower).
- 5 repetitions
- Repeat on the other side
- 2 sets on each side, with a 5 second rest between sets

2 sets x 5 reps each side



Jump and land on one leg

- Stand on the right foot, jump forward and land on the left foot
- Start with a small jump and slowly increase jumping distance while maintaining control and landing technique
- Emphasise 'sticking' the landing with balance and control
- After a brief pause, stand on the left foot, jump forward and land on the right foot
- Do 20 jumps (10 from each leg), alternating takeoff and landing legs
- REPEAT jumping BACKWARD

20 jumps alternating legs

forward/backward

