

Hamstring lower – see Level 1 for details

2 sets X 12 reps

Body lift

- Lie on side
- Lift top leg up to partner (about ½ m), so they can hold it around the ankle
- Lift bottom leg slightly off the ground (2 seconds)
- Raise hips about 10 cm off the ground using the muscles on the inside of the top leg to push down against partner's hands (2 seconds)
- Hold raised position (2 seconds)
- Lower hips and bottom leg (2 seconds)



- Do 3 repetitions on one leg with a 1 second rest between reps, then do 3 reps on the other leg.



- Perform 3 sets of 3 reps on each leg, building up to 3 sets of 5 repetitions each leg

3 sets x 5 reps each leg

Side plank side-to-side with leg lift



- Lie on side
- Raise the hips to a side plank
- Lift the top leg; hold for 5 seconds



- Lower the top leg, roll to a front plank position supported by both forearms; hold for 5 seconds
- Roll to the other side



- Raise the top leg; hold for 5 seconds
- One repetition is completed when each of these 3 positions has been held for 5 seconds

5 reps

Run, jump, land and recover to run

- Using a 3-5 step run-up, jump off one leg and land on the other leg
- Run straight ahead for about 5 m after landing
- Start with a small jump and slowly increase jumping distance while maintaining control and good landing technique
- Each player should follow after the previous player has completed a jump to avoid spending time standing still
- After all players have completed two jumps, the coach hand passes a ball so the player has to mark it out in front of his body while in the air
- Each player performs 16 jumps in total alternating takeoff and landing legs (8 jumps landing on the right and 8 landing on the left)
- See diagram on page 40 of manual for increased challenge



8 jumps each leg

Unanticipated changing direction

- Two players stand facing about 10 m apart and run towards each other; after 1-3 steps, the 'attacker' (carrying a ball) side-steps to left or right (as if trying to evade an opponent)
- The 'defender' reacts by side-stepping to the same side (as if pursuing the attacker)
- The 'attacker' continues to run about 2-3 m in the new direction before gradually stopping
- Focus on the change of 'defender's' direction movement
- The 'attacker' should perform 8 changes of direction to both the left and right in a random order
- Change roles so that both players perform 16 side-steps as the 'defender'



16 side-steps as defender



Good technique