


**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.**


**SIDEWAYS 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.**


**SIDEWAYS 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.**


**SIDEWAYS 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.**