

1. Single-leg jumps with 90 degrees rotation

3 x 8–16 repetitions

Purpose: To improve landing control

Single-leg jumps with 90 degrees rotation in the air

Keep knees aligned with toes in landings

Progression: Unexpected push from partner in different directions

Increase gradually to 180 degrees rotation

Use elastic bands to increase difficulty

3 x 8–16 repetitions

2. Reverse plank with ankle movement

3 x 8–16 repetitions

Purpose: To strengthen the back, gluteal and hamstring muscles

Start with your elbows under your shoulders

Lift your hips until your body is aligned from shoulder to ankle

Move your ankles up and down

3 x 8–16 repetitions

3. Diagonal rotations

As many as possible with good control

Purpose: To improve hip and spine control

Perform a small single-leg squat and rotate towards the standing leg

Rotate fully in the opposite direction as you stand up, lifting the broomstick overhead

Take your knee out to the side

Lean backwards in the final position

As many as possible with good control

4. Side plank

3 x 30 seconds on each side

Purpose: To improve hip and trunk strength

Support yourself on your elbow

Your body should be in a straight line

Keep your back in a neutral position

3 x 30 seconds on each side

5. Squat

3 x 8–16 repetitions

Purpose: To develop good squat technique

Keep your feet hip width apart

Start the movement from the hip

Keep your knees aligned with toes

Sit down as if you are sitting on a chair

Keep your back straight

3 x 8–16 repetitions

6. The diver

3 x 8–16 repetitions

Purpose: To improve trunk control and hamstring strength

Balance on one leg, with your knee slightly bent

Tilt your upper body forwards from the hip

Keep your head, back and opposite leg in a straight line

Raise your arms overhead

Progression: Hold a medicine ball or dumbbell

3 x 8–16 repetitions

7. Bulgarian split squat

3 x 8–16 repetitions

Purpose: To strengthen the thigh and gluteal muscles and improve hip and knee control

Perform a single-leg squat with your back foot resting on a box

Place most of your weight through the front foot

Keep your back straight

Keep your knee aligned over your toes

3 x 8–16 repetitions

8. Single-leg hip thrust

3 x 8–16 repetitions per each side

Purpose: To strengthen the gluteal muscles

Lie in a bridge with your shoulders on a bench

Bend your knee to 90 degrees and take your weight through one heel

Lift your pelvis upwards

Simulate a running movement by striding with the opposite leg

3 x 8–16 repetitions per each side

9. Walking lunge with high knee lift

3 x 5–10 meter

Purpose: To improve hip and knee control and hip flexibility

Start by holding one knee in to your chest

Step forward into a lunge

Continue forwards, maintaining good hip and knee alignment

3 x 5–10 meter