

## 1. Run and jump: single-leg landing

Across the field

Purpose: To warm up and improve hip and knee control  
Run three steps, jump, then land on one leg  
Land softly with your knee bent and aligned over your toes  
Across the field

## 2. Squats +

3 x 8-16 repetitions

Purpose: To improve knee control  
Feet hip-width apart, on a bosu ball  
Start the movement in the hips  
Knees aligned with toes  
Imagine sitting down on a chair  
Maintain upper body in upright position  
To increase difficulty; catch and throw a ball while doing the exercise  
3 x 8-16 repetitions

## 3. Single-leg squat

As many repetitions you can do with good control

Purpose: To strengthen the thigh muscles and improve  
Stand on one leg and squat down, keep your knee aligned over toes  
Slowly return to start position  
Avoid rotating and tilting the hips  
As many repetitions you can do with good control

## 4. Copenhagen adductor long

3 x 6-8 repetitions

Purpose: Strengthen groin muscle  
Partner stabilizes the leg around the ankle  
Raise your body from the ground and lift the lower leg  
Keep your body in a straight line  
Slow and controlled tempo  
6 x 6-8 repetitions

## 5. Upwards Y

3 x 8-16 repetitions

Purpose: To strengthen the shoulders  
Pull the elastic band upwards with both arms, make a y-pattern  
Keep arms straight  
Elevate your chest and squeeze the shoulder-blades together  
3 x 8-16 repetitions

## 6. Nordic Hamstring

3 x 6-8 repetitions

Purpose: To strengthen the hamstring muscles  
Kneel on a soft mat or balance pad  
Keep upper body and hips straight as you fall forwards  
Use your hamstring muscles to slow the downwards motion  
Use your arms to push yourself back to starting  
3 x 6-8 repetitions

