

1. Sidelying rotation

2-3 x 6-8 repetitions

Purpose: To improve spinal flexibility

Lie on your side with the top leg stabilising and both arms outstretched

Rotate spine then stretch out your shoulder then elbow

Keep your hips stable during the exercise

2. Wrist flexion + extension

3 x 8-16 repetitions

Purpose: To strengthen forearm muscles

Flex and extend your wrist

Control up/downwards movement

3. Elbow pronation + supination

3 x 8-16 repetitions

Purpose: Improve forearm strength

Hold elastic tight with the palms down

Slowly turn your palms upward, further tightening the elastic

Slowly turn your palms downward, further tightening the elastic

4. Box jumps

3 x 30 seconds

Purpose: To enhance explosivity in changes of direction

2-leg jumps in different directions

Soft landings with knee over toe

Try to time your landing on a pre-defined spot

5. Forward lunges with rotation

3 x 8-16 repetitions

Purpose: To improve rotational flexibility and hip and knee control

Forward and backwards lunges

Rotate upper body with arms straight

Keep knee over toe

6. Kneeling rotational throwing

3 x 8-16 repetitions

Purpose: To improve rotation strength

Kneel with extended hips and a straight back

Throw a weighted ball explosively by rotating your trunk

7. Triple extension

3 x 8-16 repetitions

Purpose: To enhance strength in the abdomen and the back

Extend upper body

Throw the ball explosively overhead

Stabilise in final position with knee over toe alignment

8. Shoulder external rotation

3 x 8-16 repetitions

Purpose: To strengthen the shoulder external rotator muscles

Start with your shoulder elevated to 90° and your elbow flexed

Straighten your back and pull your shoulder blade back and down

Stretch the elastic by rotating your shoulder backwards as far as possible

Your upper arm should not move from its original position throughout the whole exercise

9. Y exercise

3 x 8-16 repetitions

Purpose: To strengthen the shoulders and upper back

Elevate arms in a Y-pattern

Keep shoulders low

Keep your arms straight

In the end position pull shoulder blades back and down