

1. Hip mobility

3 x 30 seconds

Purpose: To improve hip mobility

Sit with your hips and knees bent to 90 degrees

Roll both knees to one side, touching one on the floor in front of you

Slowly rotate from side to side

2. Sitting pelvic control

2–3 x 6–8 repetitions

Purpose: To enhance awareness of pelvic position

Sit on a low box or bench

Tilt your pelvis forwards and backwards in an isolated movement

Do not move your legs or trunk during the exercise

Keep your mid-back and upper back relaxed

3. Rotations

3 x 8–16 repetitions

Purpose: To improve rotational mobility

Kneel and rotate your upper body in each direction

Try to touch your opposite foot

4. Rotational strength

3 x 8–16 repetitions

Purpose: To improve rotation strength

Stand with your feet shoulder-width apart

Keep your arms straight

Your partner resists while you rotate

Take turns with your partner to rotate

5. Squat challenge +

3 x 8–16 repetitions

Purpose: To improve reaction time and hip and knee control

Start standing upright on a bosu with feet hip-width apart

Place your palms on top of partner's hands

Your partner unexpectedly drops the balls

Squat and try to catch the two balls

6. Plank with pass

3 x 8–16 repetitions

Push up start position

Pass the ball to partner

Alternate arms

7. Standing Y

3 x 8–16 repetitions

Purpose: To strengthen the shoulders and upper back

Keep your body upright and extend your arms overhead

Elbows should remain in the same position during the exercise

Squeeze your shoulder blades together at the top

8. Standing row

3 x 8–16 repetitions

Purpose: Strengthen shoulders and upper back

Pull the elastic band backwards

Keep shoulders low

Keep elbows close to your body

Squeeze your shoulder blades together