

## Exercises

### Running exercises ALL 2 REPS Each

1. Running straight ahead THINK STRAIGHT UPRIGHT KNEES/ HIPS not BUCKLING
2. Hamstring Kicks
3. Lunge and rotate with stick
4. Running quick with the stick tap first cone and turn and return
5. Heel flicks

### Strength, plyometric and balance

1. The Plank 3x 20-30sec
  - a. Both legs
  - b. Alternate legs
  - c. One leg lift and hold
2. Side plank 3x 20-30sec each side
  - a. Static
  - b. Dynamic
  - c. With leg lift
3. Nordic hamstring 3-15 reps with partners
4. Arabesque 10-15 reps each leg
  - a. Step backs
  - b. Step back and lift
  - c. full
5. Single Leg Balance Alignment important 2x30sec each leg
  - L1 Standing holding stick in front
  - L2 Standing 1 leg passing ball with stick
  - L3 bending and picking up ball
6. Squats 2x 30sec
  - a. Walking squats
  - b. L2 Walking lunges
  - c. L3 Single leg squat
7. Jumping 2x 30sec
  - a. Vertical jumps
  - b. Lateral jumps upper body stable don't let your body lean over the hips
  - c. Box jumps in different directions crucifix Forwards backwards and side to side
8. Running exercises x2 reps
  - a. Running across the pitch 80-90% jog back
  - b. Bounding 6 normal jogs 6 bounding and repeat
  - c. Running with hockey stick- stay low
  - d. Running/plant and cut (across pitch stop on one leg and hold repeat).