

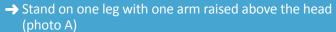
Do FootyFirst Warm Up exercises first





Hamstring lower – see Level 1 for details

2 sets X8 reps



- → Keep the heel on the ground; do not let the other foot touch the ground
- → Squat, while keeping the heel on the ground
- → Lower the raised arm so both arms are down (photo B)
- → Rise from the squat and raise the other arm over head (photo C)
- → Exercise Tempo 2-2 (2 seconds down 2 seconds up)
- → Continue squatting on the same leg while alternating arms for 15 repetitions
- → Repeat on the other leg
- → Complete 2 sets of 15 repetitions on each leg; rest for 10 seconds between each set
- → To increase the challenge, when ready, perform the movements faster, while still concentrating on balance







 $\underset{\text{on each leg}}{2}_{\text{sets}} \times 15_{\text{reps}}$

Side plank side-to-side

- → Start in a front plank position with the weight resting evenly on the forearms (photo A); hold for 1 second
- → Roll to the side position (photo B); hold for 1 second
- → Roll again back to the front (photo C); hold for 1 second
- → Roll to the other side (photo D); hold for 1 second
- → One repetition is completed when each of these four positions has been held for 1 second







Single leg mp forward and back

- → Stand on the right foot, jump forward and land on the left foot
- → Raise arms as if taking a mark
- → Start with a small jump and slowly increase jumping distance
- → Jump back and land on the right foot
- → Again raise arms as if taking a mark

- → Perform *continuously* with no pause
- → Complete 20 jumps (10 forward, 10 backward)
- → Repeat, starting on the left foot, jumping forward and landing on the right foot

20 jumps each leg

Run forward, mp and land

- → Using a 3-step run-up, jump off one leg directly ahead, as if mimicking marking a ball, and land on the other leg
- → 20 jumps (10 each leg) alternating legs
- → To increase the challenge, have a partner handball slightly to either side

10 jumps each leg



