

LEVEL 1

Do FootyFirst Warm Up exercises first



WEEKS 1-4



Hamstring lower



→ Player kneels with a partner holding his ankles



→ Slowly lean forward from the knees with hands by the side; keep the body as straight as possible for as long as possible before falling forward onto the hands



→ To get back to the start position, push up with the hands rather than using the hamstrings

6
reps

Ball squeeze



5
reps

- Lie on the back with the knees bent at 90°
- Place a ball between the knees and squeeze as if trying to squash the ball
- Tempo – 2-2-2 (2 second contraction, 2 second hold, 2 second release)
- Do 5 repetitions with 5 second rest between repetitions
- Repeat with the legs straight and the ball between the knees



5
reps

Side plank



- Lie on the side with one leg on top of the other; distribute the body weight evenly over the forearm
- Raise the hips and the top arm simultaneously to achieve a straight body
- Exercise Tempo – 2-2-2 (2 seconds to raise, 2 second hold, 2 seconds to lower)
- Lower arm and hips to floor simultaneously



5
reps
each
side

Single leg balance

- Two players stand about 3 m apart, both balancing on one leg
- Players handball to each other while maintaining balance
- Perform 12 handballs, alternating hands (6 right hand, 6 left hand)
- Repeat while balancing on the other leg



12
reps
each leg

Single leg shallow squat

- Two players stand about 1 m apart both balancing on one leg with one hand on each other's shoulder; both perform shallow (>90°) single leg squats
- Move about 3 m apart, balance on one leg and perform single leg squat
- Balance on one leg, facing each other, and do a single leg squat after receiving a handball from their partner
- 6 handballs, alternating hands (3 right and 3 left)
- Repeat on the other leg



6 reps each leg X 3 exercises