

Hamstring lower – see Level 1 for details

2 sets X 10 reps

Squeeze with leg lift

- Lie on the back with feet on the ground
- Place a ball between the knees
- Lift the feet off the ground until the hips and knees are at 90° angles
- Squeeze knees as if trying to squash the ball
- Exercise tempo – 2-2-2 (2 second contraction, 2 second hold, 2 second release)
- Do 5 repetitions; rest for 3 seconds between repetitions
- Increased challenge: Do the same exercise with the legs straight. Place the ball between the knees and the feet about ½ m off the ground. Use the abdominal muscles to prevent the lower back arching excessively.



Side plank with arm & leg lift



- Lie on the side with one leg on top of the other; distribute the body weight evenly over the forearm
- Lift the hips to achieve a straight body and raise the arm at the same time
- Raise the top leg about ½ m and hold for 5 seconds
- Lower the top leg, hips and arm



- Complete 5 repetitions; rest for 3 seconds between repetitions
- Repeat on the other side **5 reps each side**

Run, jump to the side and land

- Using a 3-step run-up, jump off the right leg to the *left* side (about 45° to line of the run-up) and land on the left
- Start with a small jump and slowly increase jumping distance while maintaining control and good landing technique
- Perform 10 jumps
- Repeat off the left leg to the *right* side, and land on the right leg
- Increase the challenge: Lengthen the run-up and jump further (continue to emphasise control and correct landing technique)
- Have a partner handball a ball so that the player has to mark the ball in the air (see diagram in manual page 31)
- Have a partner handball the ball slightly to either side



Pre-planned changing direction

- A group of players line up facing a stationary person about 10 m away
- The first player in the line runs toward the stationary person and when about 2 m away, performs a side-step or 'cut' to the left and continues running between the cones about 3 m away (2 cones about 1 m apart). The new running direction should be about 45° from the original forward run. (See diagram in manual page 33)
- Each player performs 20 side-steps in total, alternating between cutting to the left and the right



10 side-steps on each side