

1. Hitch Hiker

3 x 20-30s

- Squeeze shoulder blades together
- Lift arms
- Thumb pointing upwards
- Keep shoulder low
- 3 x 20-30s



2. Stability

2 x 10 reps each arm

- Lie on your back
- Arm straight up
- Slowly push shoulder forward to lift the ball
- Keep elbow straight throughout exercise
- 2 x 10 reps each arm



3. Rowing

3 x 15 reps

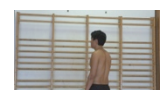
- Keep shoulders low
- Upright sitting position
- Squeeze shoulder blades together in end position
- 3 x 15 reps



4. Push-up +

3 x 15 reps

- Push-up position
- Keep elbow straight
- Allow body to sink towards the floor
- Push shoulders forward to lift yourself away from floor
- 3 x 15 reps



5. Shoulder elevation

2 x 10 reps

- Pull up and backwards, straight arm
- Draw shoulder blade back & down
- Slowly return to start position
- 2 x 10 reps



6. Sleeper's Stretch

Hold 30s each side

- Sidelying on your shoulder blade
- 90° in shoulder and elbow
- Slowly push forearm towards the floor
- The upper arm rotates inwards
- Hold 30s each side



7. Cross body stretch

Hold 30s each side

- Lie on your back
- Arm across body
- Partner stabilizes shoulder blade and pushes arm across body
- Hold 30s each side



8. Mobilization

2 x 10 reps

- Back position against ball and wall
- Move arms slowly up and down
- 2 x 10 reps



9. Bench

3 x 20-30s

- Body in straight line, neutral spine position
- Start on knees and progress to toes
- Progression: Lift each leg in turn and hold for 2s
- 3 x 20-30s



10. Side bench

3 x 20s each side

- Supported on elbow
- Straight hips
- Hold hips stable
- 3 x 20s each side



11. Wheelbarrow

3 x 20-30s

- Body in straight line
- Partner lets go of one leg for 3-5 sec at a time
- Don't let your trunk rotate
- 3 x 20-30s



12. Crunches

3 x 12-15 reps each side

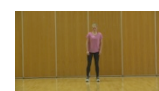
- Feet flat on the floor
- Rotate upper body
- Keep lower back flat
- 3 x 12-15 reps each side



13. Cut & plant

5-7 cuts on each side

- Keep knee over toe
- 5-7 cuts on each side



14. Single-leg jumping

5-10 reps

- Two hops on the right, cross over, two hops on left
- Finish with 2-foot landing
- Always keep knee over toe
- 5-10 reps



15. Cut & plant

5-7 cuts on each side

- Cut with a narrow stance
- Keep hip, knee & toe in line
- 5-7 cuts on each side



16. Jump & push

2 x 20-30s

- Push partner while he/she is jumping
- Unpredictable direction of push
- Soft landings on 2 feet
- Always keep knees over toes
- 2 x 20-30s



17. Cut, jump, land

5-7 cuts on each side

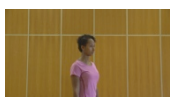
- Soft toe landings
- Finish with soft landing on 2 feet
- Hips, knees toes in line
- 5-7 cuts on each side



1. Swimmer

3 x 20-30s

- Lean forward from hips with a straight back
- Keep shoulders low
- Straight arms when swinging forwards + backwards
- Squeeze shoulder blades together
- 3 x 20-30s



2. Shaking

30s each side

- Water bottle/weight parallel to the floor
- Perform with a bent and a straight elbow
- Vary the weight to challenge yourself
- Keep shoulder low
- Perform overhead and in front of you



3. Lawnmower

3 x 10 reps

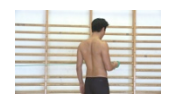
- One knee on the bench, the same side arm as support
- Draw your shoulder blade back and down to set the shoulder
- Lift weight as high as possible - lead with the elbow
- Lower weight slowly
- 3 x 10 reps



4. Push-up + ball rolling

3 x 15 reps

- Push-up position
- Keep elbow straight
- Push shoulders forward to lift yourself away from floor
- Roll ball to each other
- 3 x 15 reps



5. External rotation

3 x 15 reps each side

- Arm by your side, elbow 90°
- Keep shoulder low
- Draw shoulder blade back & down
- Slowly rotate arm outwards
- 3 x 15 reps each side



6. Sleeper's Stretch

Hold 30s each side

- Sidelying on your shoulder blade
- 90° in shoulder and elbow
- Slowly push forearm towards the floor
- The upper arm rotates inwards
- Hold 30s each side



7. Cross body stretch

Hold 30s each side

- Lie on your back
- Arm across body
- Partner stabilizes shoulder blade and pushes arm across body
- Hold 30s each side



8. Mobilization

2 x 10 reps

- Back position against ball and wall
- Move arms slowly up and down
- 2 x 10 reps



9. Unstable bench

3 x 20-30s

- Body in straight line, neutral spine position
- Progression: Lift one leg and take it out to the side
- Keep stable back position throughout exercise
- 3 x 20-30s



10. Side bench + leg raise

3 x 20s each side

- Supported on elbow
- Raise hip and upper leg
- Straight hips
- Keep stable back position throughout exercise
- 3 x 20s each side



11. Rotational stability

3 x 20-30s

- Body in straight line
- Partner lets go of one leg for 3-5 sec at a time
- Don't let your trunk rotate
- Progression: Fold your arms over your chest
- 3 x 20-30s



12. Oblique crunches

3 x 10 reps each side

- Lie on your side, body slightly rotated upwards
- Rotate upper body as you perform crunch
- Draw your knees up to meet your upper body
- 3 x 10 reps each side



13. Medicine ball sit-ups

3 x 10 reps each side

- Make sure you lower your body in a controlled way
- 3 x 10 reps each side



14. Throw + bounce

3 x 15-20s on each leg

- Slight bend in knee and hip
- Keep knee over toe
- 3 x 15-20s on each leg



15. Jump shot

5 reps

- 2-feet landing
- Keep knees over toes
- Provide feedback on knee control to your team mates
- 5 reps



16. Hopping + bouncing ball

3 x 15-20s on each leg

- Figure-8 jumps
- Soft toe landings
- Always keep knee over toe
- 3 x 15-20s on each leg



17. Hopping battle

3 x 15-20s on each leg

- Try to push your partner off balance
- Slight bend in hip and knee
- Exercise in pairs on floor or balance mat
- If possible, keep knees over toes
- 3 x 15-20s on each leg



18. Lateral jumps

10-12 reps on each leg

- 1-leg landing on unstable surface
- Soft landing with bend in hip and knee
- Hips, knees toes in line
- 10-12 reps on each leg



1. Y-position

3 x 10 reps

- Lift both arms in a Y-position
- Keep shoulders low
- Straight arms
- Squeeze shoulder blades together in end position
- 3 x 10 reps



2. Drop & Catch

3 x 10 reps

- Keep shoulder low
- 90 degrees in shoulder and elbow
- Drop & catch ball
- 3 x 10 reps



3. Archery

3 x 10 reps

- Fixate band with straight arm while "drawing a bow"
- Keep shoulder low
- Rotate upper body and draw shoulder blade back and down
- Slowly return to start position
- 3 x 10 reps



4. Push-up + gliding

2 x 10 reps

- Push-up position with towel under your feet
- Perform normal push-up
- Push shoulders forward to lift yourself away from floor
- Slide whole body backwards & forwards with straight elbow
- 2 x 10 reps



5. Trunk rotation on single arm

3 x 5 reps on each side

- Support body on toetips and elbows
- Keep hips and back straight
- Rotate upper body and lift arm high
- Add a light weight (e.g. ball)
- 3 x 5 reps on each side



6. Sleeper's Stretch

Hold 30s each side

- Sidelying on your shoulder blade
- 90° in shoulder and elbow
- Slowly push forearm towards the floor
- The upper arm rotates inwards
- Hold 30s each side



7. Cross body stretch

Hold 30s each side

- Lie on your back
- Arm across body
- Partner stabilizes shoulder blade and pushes arm across body
- Hold 30s each side



8. Mobilization

2 x 10 reps

- Back position against ball and wall
- Move arms slowly up and down



9. Unstable bench

3 x 20-30s

- Body in straight line, neutral spine position
- Lift one arm, take it out to the side and in front
- Keep stable back position throughout exercise



10. Side bench + leg raise 2

3 x 20s each side

- Supported on elbow
- Raise hip and swing upper leg
- Straight hips
- Keep stable back position throughout exercise
- 3 x 20s each side



11. Wheelbarrow +

3 x 20-30s

- Body in straight line
- Partner moves you slowly forwards + backwards
- Maintain a stable back position throughout movement
- 3 x 20-30s



12. Wiper

3 x 10 reps each side

- Keep lower back down
- Swing straight legs slowly from side to side
- 3 x 10 reps each side



13. Medicine ball rotations

3 x 10 reps each side

- Maintain neutral back position throughout movement
- Rotation should be a controlled movement
- 3 x 10 reps each side



14. Throw + bounce - advanced

3 x 15-20s on each leg

- Slight bend in knee and hip
- Keep knee over toe
- 3 x 15-20s on each leg



15. Balance squats

3 x 10 reps

- 2-legs, 1-leg
- Use a BOSU
- Double and single-leg squats
- Always keep knee over toe
- 3 x 10 reps



16. Single leg balance + throwing

3 x 15-20s on each leg

- Slight bend in knee and hip
- Provide feedback on knee control to your partner
- Always keep knee over toe
- 3 x 15-20s on each leg



17. 2-leg BOSU jumps

2 x 20-30s

- 2-leg jumps between BOSUs
- Soft landing with bend in hips and knees
- Always keep knees over toes
- 2 x 20-30s



18. Battle on unstable surface

3 x 15-20s

- Try to push your partner off balance
- Start on 2 legs, finish on 1 leg
- If possible, keep knees over toes
- 3 x 15-20s