

PART 2:

STRENGTH, PLYOMETRICS AND BALANCE EXERCISES

LEVEL 1

- 1 BENCH – ALTERNATE LEGS
- 2 SIDEWAYS BENCH –
RAISE AND LOWER HIP
- 3 BRIDGE – ALTERNATE
- 4 HAMSTRINGS - BASIC
- 5 CALF – BASIC
- 6 SQUAT JUMPS

FOR REFEREES

- 7 SINGLE-LEG STANCE –
MOVE THE OTHER LEG
- 8 FRONT LUNGE

FOR ASSISTANT REFEREES

- 7 LATERAL LUNGE 45°
- 8 LATERAL JUMP



1 THE BENCH **ALTERNATE LEGS**

This exercise strengthens your core muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your front, and supporting yourself on your forearms and feet.

During this exercise, lift your upper body, pelvis and legs up until your body is in a straight line from head to foot. Draw your shoulder blades in towards your spine so that they lie flat against your back. Your elbows should be directly under your shoulders. Pull in your stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 seconds. Continue for 30–60 seconds. Return to the starting position.

Repetitions: 1 set (30–60 sec.)

Important when performing the exercise:

- Your head, shoulders, back and pelvis should be in a straight line.
- Your elbows should be directly under your shoulders.
- ! Do **not** tilt your head backwards.
- ! Do **not** sway or arch your back.
- ! Do **not** raise your buttocks.
- ! Keep your pelvis stable and do **not** let it tilt to the side.

CORRECT



WRONG



2 SIDEWAYS BENCH RAISE AND LOWER HIP

This exercise strengthens your lateral core muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your side with both legs straight and supporting yourself on your forearm.

During this exercise, raise your pelvis and legs (only the outside of the lower-most foot remains on the floor) until your body forms a straight line from the upper-most shoulder to the upper-most foot. Now lower your hips to the ground and raise them back up again. Repeat for 20-30 seconds. The elbow of your supporting arm should be directly under your shoulder. Take a short break, change side and repeat.

Repetitions: 1 set
(20–30 sec. on each side)

Important when performing the exercise:

- When viewed from the front, your upper shoulder, hip and upper leg should be in a straight line.
 - When viewed from above, your body should be in a straight line.
 - Your elbow should be directly under your shoulder.
- ! Do **not** rest your head on your shoulder.
- ! Do **not** tilt your shoulders or pelvis forwards or backwards.

CORRECT



WRONG



3 THE BRIDGE **ALTERNATE**

This exercise strengthens your back and hip muscles, which is important to ensure stability of the body in all movements.

Assume the starting position by lying on your back. Both knees must be flexed at 90°, and both feet should be flat to the ground.

During this exercise, lift your pelvis until your body is in a straight line (both feet are on the ground). Pull in your stomach and gluteal muscles. Lift one leg (by extending one knee) off the ground and hold the position for 1–2 seconds. Return to the starting position, and lift the other leg. Repeat for 20–30 seconds.

Repetitions: 1 sets (20–30 sec.)

Important when performing the exercise:

- After lifting your pelvis, keep body in a straight line.
- ! Do **not** sway or arch your back.
- Keep your pelvis stable and do not let it tilt to the side.
- Make sure that the foot is directly under your supporting knee.

CORRECT



WRONG



4 HAMSTRINGS BASIC

This exercise strengthens your rear thigh muscles.

Assume the starting position by kneeling on a soft surface with the knees hip-width apart and crossing your arms across your chest. Your partner should kneel behind you, and with both hands he should grip your lower legs just above the ankles while pushing them with his body weight to the ground.

During this exercise, your body should be completely straight from the head to the knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position.

Repetitions: 1 set (7 – 10 repetitions)

Important when performing the exercise:

- Your partner keeps your lower legs firmly on the ground.
- Your head, upper body, hips and thighs should be in a straight line.
- The movement should only be in the knee joints.
- Perform this exercise slowly at first, but once you feel more comfortable, speed it up.

! Do **not** tilt your head backwards.

! Do **not** bend at your hips.

CORRECT



WRONG



5 CALF BASIC

This exercise strengthens your calf muscles (and Achilles tendons).

Assume the starting position by standing on one leg with the knee extended.

During this exercise, stand up on your toes and then slowly lower yourself down (by elevating/lowering vertically your body). Continue for 20–30 seconds, and repeat the exercise on the other leg. You may use the support of one stick, or perform the exercise alone while maintaining balance.

Repetitions: 1 set
(20–30 sec. on each side)

Important when performing the exercise:

- Keep body in a straight line.
- When viewed from the front, the hip, knee and foot of your supporting leg are in a straight line.
- ! Do **not** sway or arch your back.
- ! Keep your pelvis stable and do **not** let it tilt to the side.
- ! Do **not** flex your supporting knee.

CORRECT



WRONG



6 DOUBLE LEG SQUAT JUMPS

This exercise improves your jumping power and movement control.

Assume the starting position by standing with your feet hip-width apart and your hands on your hips.

During this exercise, slowly bend your hips, knees and ankles until your knees are flexed to 90 degrees. Lean your upper body forwards. Hold this position for 1 second, then jump as high as you can. While you jump, straighten your whole body. Land softly on the balls of your feet and slowly bend your hips, knees and ankles as much as possible. Repeat for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- When viewed from the front, the hip, knee and foot of both legs should be in two straight parallel lines.
- Bend the hips, knees and ankles at the same time and lean your upper body forwards.
- Jump off both feet and land gently on the balls of your feet.
- A cushioned landing and a powerful take-off are more important than how high you jump.

- ! Do **not** let your knees buckle inwards.
- ! Do **not** land with extended knees or on your heels.



R-7 SINGLE-LEG STANCE MOVE THE OTHER LEG

This exercise improves leg muscle coordination and balance.

Assume the starting position by standing on one leg. Bend your knee and hip slightly so that your upper body leans forwards slightly. When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line. Hold the raised leg slightly behind the supporting leg.

During this exercise, hold your balance and perform controlled half-circle movements with the other leg. Hold for 30 seconds, change legs and repeat.

Repetitions: 1 set (30 sec. on each side)

Important when performing the exercise:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line.
 - Always keep the hip and knee of your supporting leg slightly bent.
 - Keep your weight on the ball of your foot.
 - Keep your upper body stable and facing forwards.
 - Keep your pelvis horizontal.
- ! Do **not** let your knee buckle inwards.
- ! Do **not** let your pelvis tilt to the side.

CORRECT



WRONG



R-8 FRONT LUNGES

This exercise strengthens your hamstring and gluteal muscles and improves your movement control.

Assume the starting position by standing with both feet hip-width apart on the ground and your hands on your hips.

During this exercise, as you lunge, bend your hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. Keep your upper body straight and your pelvis horizontal. Then return to the starting position and lunge forwards with the other leg.

Repetitions: 1 set
(10 lunges on each side)

Important when performing the exercise:

- Bend your leading knee to 90 degrees.
- Keep your upper body upright.
- Keep your pelvis horizontal.
- Your bent knee should not extend beyond your toes.

! Do **not** let your leading knee buckle inwards.

! Do **not** bend your upper body forwards.

! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



AR-7 LATERAL LUNGES 45°

This exercise strengthens your hip and gluteal muscles and improves your movement control.

Assume the starting position by standing with both feet (hip-width apart) on the ground and with your hands on your hips.

During this exercise, slowly lunge sideways. As you lunge, bend your hips and knees slowly until your supporting knee is flexed to approximately 45 degrees. Hold the final position for 1–2 seconds and then return to the initial position. Continue on the other side. Do 10 lunges on each leg.

Repetitions: 1 set
(10 lunges on each side)

Important when performing the exercise:

- Bend your supporting knee to 90 degrees.
- Keep your upper body upright.
- Keep your pelvis horizontal.
- ! Do **not** let your leading knee buckle inwards.
- ! Do **not** bend your upper body forwards.
- ! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



AR-8 LATERAL JUMPS

This exercise improves your jumping power and movement control on one leg.

Assume the starting position by standing on one leg. Bend your hips, knee and ankle slightly and lean your upper body forwards.

During this exercise, jump approximately one metre to the side from your supporting leg onto your other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump onto the other leg. Keep your upper body stable and facing forwards and your pelvis horizontal. Repeat for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards.
- Keep your upper body stable and facing forwards.
- Keep your pelvis horizontal.
- ! Do **not** let your knee buckle inwards.
- ! Do **not** turn your upper body.
- ! Do **not** twist or tilt your pelvis to the side.

CORRECT



WRONG



