

PART 2: **STRENGTH, PLYOMETRICS AND BALANCE EXERCISES**

LEVEL 2

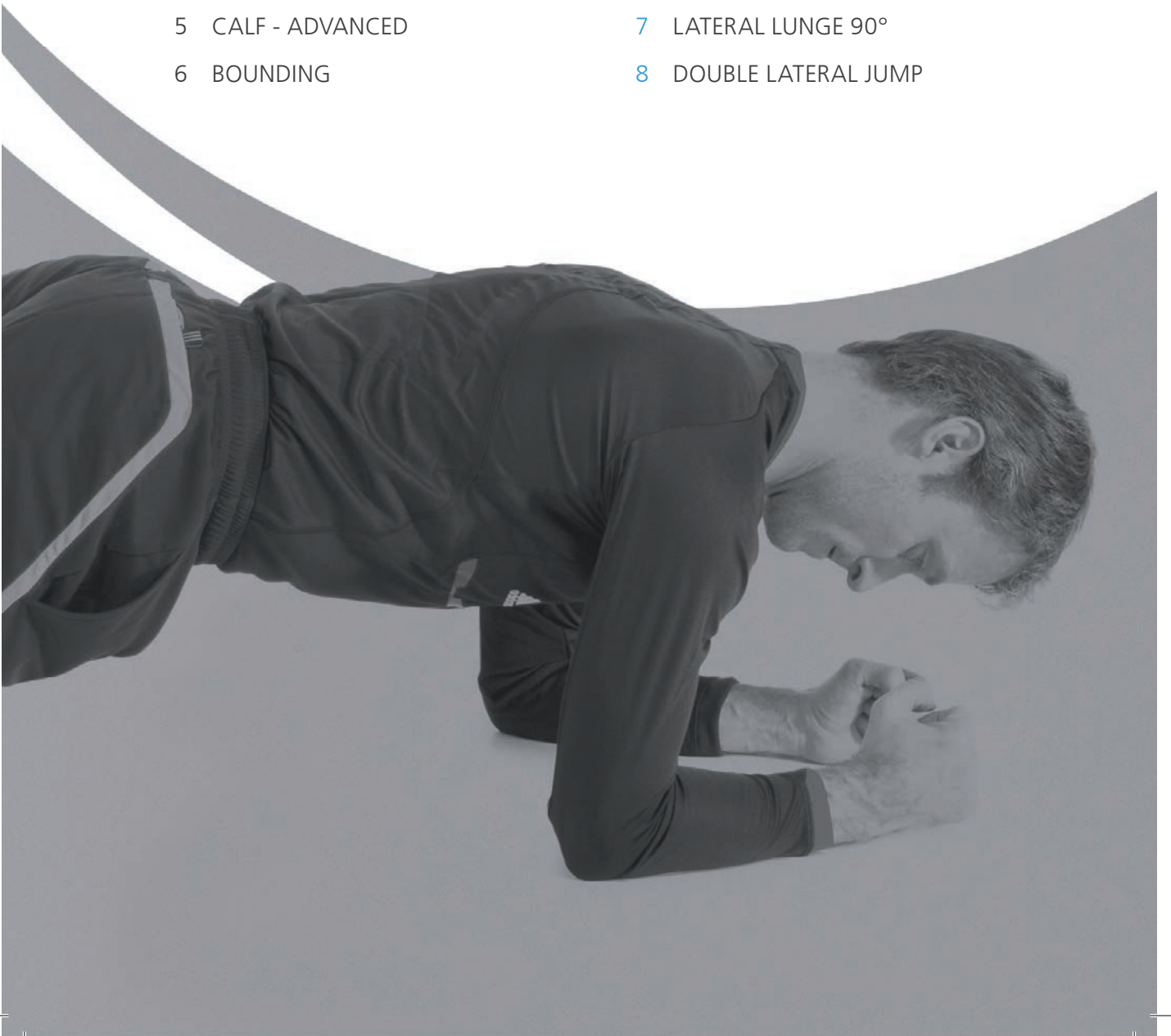
- 1 BENCH – ONE LEG LIFT AND HOLD
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- 3 BRIDGE – ON ONE LEG
- 4 HAMSTRINGS - ADVANCED
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FOR REFEREES

- 7 SINGLE-LEG HOPS
- 8 SCISSORS JUMPS

FOR ASSISTANT REFEREES

- 7 LATERAL LUNGE 90°
- 8 DOUBLE LATERAL JUMP



1 THE BENCH ONE LEG LIFT AND HOLD

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, 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. 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 one leg off the ground and hold the position for 20–30 seconds. Return to the starting position, take a short break and repeat the exercise with the other leg.

Repetitions: 3 sets
(20–30 sec. on each side)

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.
- ! Keep your pelvis stable and do **not** let it tilt to the side.

CORRECT



WRONG



2 SIDEWAYS BENCH WITH LEG LIFT

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 and lower leg.

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 lift your upper-most leg up and slowly lower it down again. Repeat for 20–30 seconds. The elbow of your supporting arm should be directly under your shoulder. Take a short break, change sides and repeat.

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

CORRECT



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.

! Keep your pelvis stable and do **not** let it tilt downwards.

! Do **not** tilt your shoulders or pelvis forwards or backwards.

WRONG



3 THE BRIDGE ON ONE LEG

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. 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 again on the same leg. Continue for 20–30 seconds. Take a short break, change legs and repeat.

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

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 under your supporting knee.

CORRECT



WRONG



4 HAMSTRING ADVANCED

This exercise strengthens your rear thigh muscles.

Assume the starting position by kneeling on a soft surface with your 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 (10–15 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 is only 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 **ADVANCED**

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

Assume the starting position on the edge of a board or a box, 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 your body vertically) below the edge of a board or a box. Continue for 20–30 seconds, and repeat the exercise on the other leg. You may use the support of a stick.

Repetitions: 1 set (20–30 sec.)

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 BOUNDING

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, push off the ground as quickly as you can. While you bound, straighten your whole body. Do not stop when hitting the ground, and continue 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.
 - Keep your knees and body straight.
 - Jump off and land on the balls of your feet.
 - Land in neutral knee position.
- ! Do **not** let your knees buckle inwards.

CORRECT



WRONG



R-7 SINGLE LEG CROSS HOPS

This exercise improves body stability through quick movements in different directions.

Assume the starting position by standing on one leg, and imagine that there is a cross marked on the ground and you are standing in the middle of it.

During this exercise, bend your hip, knee and ankle of your supporting leg. From this position, alternate between jumping forwards and backwards from side to side and diagonally across the cross. Jump as quickly and explosively as possible. Land gently on the balls of your feet and bend your hip, knee and ankle. Lean your upper body forwards slightly throughout the exercise. Continue the exercise for 30 seconds, change legs and repeat.

Repetitions: 1 set (30 sec. each)

Important when performing the exercise:

- When viewed from the front, the hip, knee and foot of the supporting leg should be in a straight line.
- Jump off and land on the ball of your foot.
- Bend your hip, knee and ankle on landing.
- A cushioned landing and a powerful take-off are more important than how high you jump.

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

! Do **not** land with extended knees or on your heels.

CORRECT



WRONG



R-8 SCISSORS JUMPS

This exercise improves your jumping power and movement control.

Assume the starting position by standing with one leg in front, and the other leg almost extended behind you. Place your hands on your hips.

During this exercise, kneel down in a forward lunge, push off the ground and jump as high as you can. Before you land, switch your leg position and repeat the movement. Continue for 20–30 seconds.

Repetitions: 1 set (20–30 sec.)

Important when performing the exercise:

- Keep your upper body straight.
- Keep your pelvis horizontal.
- Jump off and land on the balls of your feet.

! Do not let your knees buckle inwards.

CORRECT



WRONG



AR-7 LATERAL LUNGES 90°

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 your hands in front of you.

During this exercise, slowly lunge sideways. As you lunge, bend your hips and knees slowly until your supporting knee is flexed to 90 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 DOUBLE 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 further laterally on the same leg. Then perform the same double lateral jump in the opposite direction. 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



