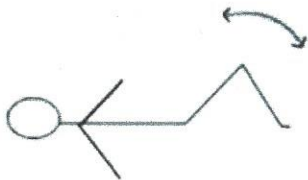

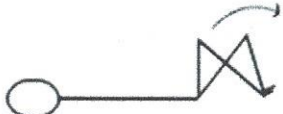
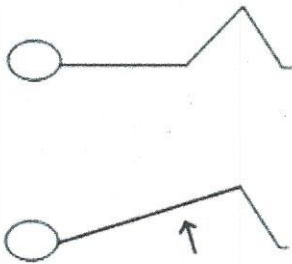

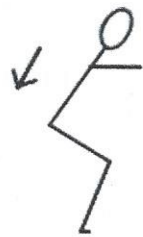
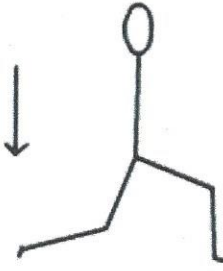
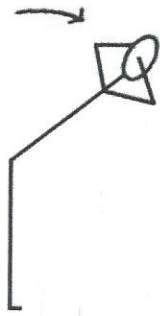
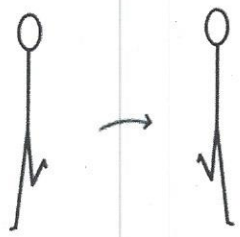

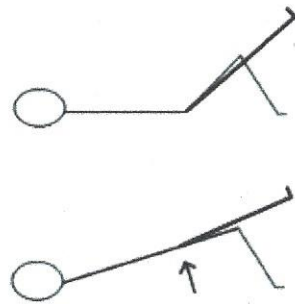


<b>Preparation Exercises</b> <b>add these exercises into your pre-game warm up</b>	
	<p><b>Knee Rolls</b> Roll knees side to side to get a stretching through your lower back. Let the hips roll as you go.</p> <p>x20 with your feet together x20 with your feet apart</p>
	<p><b>Oblique Crunch</b> Curl up, bringing your elbow towards your opposite knee. Roll down, relax your neck and repeat to the other side.</p> <p>x20</p> <p><i>Progression: legs ups (bicycle crunches)</i></p>
	<p><b>Clams</b> Start lying on side, with your heels together and your feet lifted a few inches. Lift your top knee up and down. Aim to keep your pelvis still.</p> <p>Squeeze your glute as you lift</p> <p>x20 each side</p>
	<p><b>Hip Bridge</b> Lift hips up towards roof, then lower back down. Focus on squeezing your glutes as you lift</p> <p>x20</p>

<b>Strength and Conditioning</b> <b>complete these exercises 2x per week in between games</b> <i>Complete 3 rounds</i>	
<p>1.  2. </p>	<p><b>Squats + toe raise</b>            Stand with feet shoulder width and the weight on your heels. Sit back with your hips into a squat then stand up onto your toes</p> <p>x20-40</p> <p><i>Progression: squat jumps</i></p>
	<p><b>Lunges</b>            Take a big step forwards and bend your knees down into a lunge then stand back up. Try to keep your hips level.</p> <p>x30-40</p> <p><i>Progression: single leg squat</i></p>
	<p><b>Good Mornings</b>            Stand with your hands behind your head and chest up tall. Bend over at the hips with straight legs. Keep your eyes forwards and stop once your hamstrings begin to tighten.</p> <p>x20-30</p> <p><i>Progression: add 5kg dumbbells</i></p>
	<p><b>Lateral jumps</b>            Jump from one leg to the other. Try to go as far as you can and land with control.</p> <p>x30-40</p> <p><i>Progression: Lateral jump + hop</i></p>

	<p><b>Plank</b>          Lift up onto your elbows and toes and hold.</p> <p>30-60 sec</p> <p><i>Progression: add a single leg lift</i></p>
	<p><b>Single leg bridge</b>          Lie on your back with one knee bent and the other leg out straight. Lift your hips up and lower back down resting at the bottom.</p> <p>x15-20 each side</p> <p><i>Progression: go straight back up without touching the ground</i></p>