


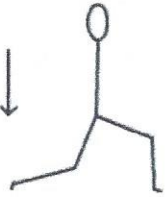

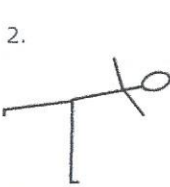


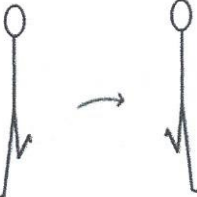
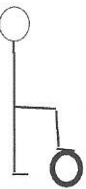


Please complete this program 3 x week on the days you don't train or play.

	<p><b>Clams</b> Start lying on side, with your heels together and your feet lifted. Lift your top knee up and down. Aim to keep your pelvis still. Squeeze your glute as you lift <b>x25 each side</b></p>
<p>1. </p> <p>2. </p>	<p><b>Squats</b> Stand with feet shoulder width and the weight on your heels. Sit back with your hips into a squat then stand back tall <b>x20</b></p>
	<p><b>Lunges</b> Take a large step forwards, keeping feet in line with your hips. Lift back heel and drop the back knee towards the floor. Press up to standing and swap legs. <b>x 20</b></p>
<p>1. </p> <p>2. </p>	<p><b>Aeroplane</b> Raise one knee, keeping hips even. As you send your leg backwards, tip forward from the hips. Go as far as you can without rotating hips. Come back to start. <b>x 10 each leg</b></p>
<p>1. </p> <p>2. </p>	<p><b>Jump Squats</b> Start with a basic squat. Drive through the legs and complete a small jump. Land softly and lower into a squat to repeat. <b>x 20</b></p>
	<p><b>Side jumps</b> Jump sideways from one leg to the other. Balance on the outside leg for a second before jumping onto the other one. Keep hips level. <b>x 20</b></p>
	<p><b>Soccer Taps</b> Have a soccer ball at your feet. Alternate tapping your feet on top of the ball. Fast feet and keep control of the ball. <b>X 1 minute</b></p>