Do FootyFirst Warm Up exercises first





Hamstring lower



→ Player kneels with a partner holding his ankles



→ Slowly lean forward from the knees with hands by the side; keep the body as straight as possible for as long as possible before falling forward onto the hands



→ To get back to the start position, push up with the hands rather than using the hamstrings

Ball squeeze



→ Lie on the back with the knees bent at 90°

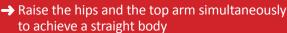
- Place a ball between the knees and squeeze as if trying to squash the ball
- → Tempo 2-2-2 (2 second contraction, 2 second hold, 2 second release)
- → Do 5 repetitions with 5 second rest between repetitions
- → Repeat with the legs straight and the ball between the knees



Side plank



→ Lie on the side with one leg on top of the other; distribute the body weight evenly over the forearm



- → Exercise Tempo 2-2-2 (2 seconds to raise, 2 second hold, 2 seconds to lower)
- → Lower arm and hips to floor simultaneously



Single leg balance

- → Two players stand about 3 m apart, both balancing on one leg
- → Players handball to each other while maintaining balance
- → Perform 12 handballs, alternating hands (6 right hand, 6 left hand)
- → Repeat while balancing on the other leg



Single leg shallow squat

- → Two players stand about 1 m apart both balancing on one leg with one hand on each other's shoulder; both perform shallow (>90°) single leg squats
- → Move about 3 m apart, balance on one leg and perform single leg squat
- → Balance on one leg, facing each other, and do a single leg squat after receiving a handball from their partner
- → 6 handballs, alternating hands (3 right and 3 left)
- → Repeat on the other leg

