PART 1

RUNNING EXERCISES • 8 MINUTES

1. RUNNING STRAIGHT AHEAD
   - The runner is standing on 1 of the 40-yard goal-line squares, facing, 3-4 steps apart. The runner starts at the same time from the 1st of 2 cones. Jog together for 20 sec, stop and turn around, jog back to the other cone, and continue this movement as you jog up to 2 sets.

2. RUNNING HIPOUT
   - Run across a cone at each pair of cones 10 times on each leg and return your hip sideways. Alternate between left and right leg at successively each leg. 2 sets.

3. RUNNING CIRCLING PARTNER
   - Run forward or go in the last part of cones. Shuffle sideways by 90 degrees to level in the middle, shuffle or slide about another 0.5 times on the same side, then repeat the movements, and keep your body low. 2 sets.

4. RUNNING HIP IN
   - Run forward 2 times in the last part of cones. Shuffle sideways by 90 degrees to level in the middle, shuffle or slide towards each other to make shoulder contact. Do not let your knees buckle. 2 sets.

5. RUNNING QUICK FORWARDS & BACKWARDS
   - As a general rule, the quickest way out of certain situations is backwards quickly to the last pair of cones bringing your knees high and shoulders slightly bent. Keep your knees constantly in support of your lower back. 2 sets.

PART 2

STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1

1. THE BENCH STATIC
   - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
   - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

2. SIDeways BENCH STATIC
   - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
   - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

3. HIPSTREST
   - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
   - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

4. SINGLE-LEG STANCE HOLD THE BALL
   - Starting position: Stand on your leg, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
   - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

5. SQUATS WITH TOE RAISE
   - Starting position: Stand on your lead foot with your toes pointed in front of you. Alternate under your shoulder. 2 sets.
   - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

6. JUMPING VERTICAL JUMPS
   - Starting position: Stand with your feet hip-width apart. Place your hands on your hip if you like. 2 sets.
   - Exercise: Image that you are about to do 50 jumps on a clock. Make your jump slowly and your knees bent. 2 sets.

7. JUMPING LATERAL JUMPS
   - Starting position: Stand on your lead leg with your agent body bent slightly forwards. Stand with your lead leg slightly bent. 2 sets.
   - Exercise: Try to squat from the support leg on to the front leg and slowly lower down again. Repeat this exercise for 20 sec. 2 sets.

8. JUMPING BOX JUMPS
   - Starting position: Stand with your feet parallel to the ground and your body straighten in the middle. 2 sets.
   - Exercise: Alternate between pressing forwards and backwards. From side to side, then diagonal, across the floor with an emphasis on jumping. 3 sets.

9. ALTERNATE LEGS
   - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
   - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

10. LATERAL JUMPS
    - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
    - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

11. ONE-LEG SQUATS
    - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
    - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

12. THE BENCH 1-LEG LIFT AND HOLD
    - Starting position: Stand on your foot, supporting yourself on your forearms and side of your foot. Alternate under your shoulder. 2 sets.
    - Exercise: Stand with your feet hip-width apart. Place your hands on your forearms and side of your foot. Alternate under your shoulder. 2 sets.

PART 3

RUNNING EXERCISES • 2 MINUTES

13. RUNNING ACROSS THE PITCH
    - Run across the pitch, from one side to the other, at 75-80% maximum pace. 2 sets.

14. RUNNING BOUNDING
    - Run across the pitch, from one side to the other, at 75-80% maximum pace. 2 sets.

15. RUNNING PLANT & CUT
    - Run across the pitch, from one side to the other, at 75-80% maximum pace. 2 sets.