

The 11+

PART 1 RUNNING EXERCISES · 8 MINUTES



1. Hlaupíð – Beint áfram

Hlaupað mörkuð með 6–10 keilum sem liggja samhliða með í um 6 metra fjarlægð. Tveir leikmenn byrja á sama tíma við fyrsta keiluparíð. Skokka samhliða að síðasta keiluparíð. Á leiðinni til baka má auka hraðann samhliða aukinni ákefni. 2 sett.



2. Hlaupíð – Mjaðmir út

Gengið eða skokkað rólega. Stoppað við hvert keilupar, hnélyfta og mjóðm hringinu út á við. Skiptast á með hægri og vinstra fæti við hverja keilu. 2 sett.



3. Hlaupíð – Mjaðmir inn

Gengið eða skokkað rólega. Stoppað við hvert keilupar, hnélyfta og mjóðm hringinu inn á við. Skiptast á með hægri og vinstra fæti við hverja keilu. 2 sett.



4. Hlaupíð – Félagi hringaður

Hlaupíð áfram að fyrsta keiluparí. Gabbhreyfing (hlíðarhreyfing) í um 90 gráður og mest í miðjunni og leikmenn koma sér frá aftur og að keilunni aftur. Endurtekið við hvert keilupar. Áhersla að vera á tábegrinu og halda þyngdarpunkti neðarlega með því að beygja hné og mjaðmir. 2 sett.



5. Hlaupíð – Öxl í öxl

Hlaupíð áfram í þörum að fyrstu keilum. Hliðarhlaup um 90 gráður og matist síðan félagi í miðju með upphoppi og snertingu öxl í öxl. Athuga: Mikilvægt að lenda á báðum fótum með mjaðmir og hné beygð. Varist að sveigja hnéinn inn á við. Tímasetjið kröftugt hopp vel. 2 sett.



6. Hlaupíð – Hratt fram og til baka

Paríð hleypur að fyrsta keilupari og síðan hratt aftur á bak að upphafskilum með mjaðmir og hnélið aðeins beygð. Haldið áfram og hlaupíð að öðru keilupari og eina keiluríð til baka. Athuga: Muna að framkvæma lítil en hróð skref. 2 sett.

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1

7 THE BENCH STATIC

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Hold the position for 20–30 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets



8 SIDEWAYS BENCH STATIC

Starting position: Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder. Exercise: Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20–30 sec. Take a short break, change sides and repeat. 3 sets on each side.



9 HAMSTRINGS BEGINNER

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3–5 repetitions and/or 60 sec. 1 set



10 SINGLE-LEG STANCE HOLD THE BALL

Starting position: Stand on one leg. Exercise: Balance on one leg while holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. 2 sets



11 SQUATS WITH TOE RAISE

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. 2 sets



12 JUMPING VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like. Exercise: Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx. 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. Prior to the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. 2 sets



LEVEL 2

7 THE BENCH ALTERNATE LEGS

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40–60 sec. Your body should be in a straight line. Try not to sway or arch your back. 3 sets



8 SIDEWAYS BENCH RAISE & LOWER HIP

Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20–30 sec. Take a short break, change sides and repeat. 3 sets on each side.



9 HAMSTRINGS INTERMEDIATE

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3–5 repetitions and/or 60 sec. 1 set



10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER

Starting position: Stand 2–3 m apart from your partner, with each of you standing on one leg. Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. 2 sets



11 SQUATS WALKING LUNGES

Starting position: Stand with your feet at hip-width apart. Place your hands on your hips if you like. Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. 2 sets



12 JUMPING LATERAL JUMPS

Starting position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent. Exercise: Jump approx. 1 m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inwards. Maintain your balance with each jump. Repeat the exercise for 30 sec. 2 sets



LEVEL 3

7 THE BENCH ONE LEG LIFT AND HOLD

Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. Exercise: Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10–15 cm off the ground, and hold the position for 20–30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. 3 sets



8 SIDEWAYS BENCH WITH LEG LIFT

Starting position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. Exercise: Lift your uppermost leg up and slowly lower it down again. Repeat for 20–30 sec. Take a short break, change sides and repeat. 3 sets on each side.



9 HAMSTRINGS ADVANCED

Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 12–15 repetitions and/or 60 sec. 1 set



10 SINGLE-LEG STANCE TEST YOUR PARTNER

Starting position: Stand on one leg opposite your partner and at arm's length apart. Exercise: Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs and repeat. 2 sets



11 SQUATS ONE-LEG SQUATS

Starting position: Stand on one leg, loosely holding onto your partner. Exercise: Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. 3 sets



12 JUMPING BOX JUMPS

Starting position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it. Exercise: Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross, jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. 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 BOUNCING

Run with high bouncing steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the middle of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. 2 sets



15 RUNNING PLANT & CUT

Jog 4–5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5–7 steps at high speed (80–90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. 2 sets



KNEE POSITION
CORRECT



KNEE POSITION
INCORRECT

