

1. Single leg stance, bouncing a ball against a wall

2 Sets / 5 Reps / 30 sec duration



Stand up straight in front of a solid wall holding a ball.

Stand on your weakest leg and get your balance, ensuring you do not rest your elevated leg against the stance leg.

Bounce a medium sized ball against the wall, hard enough so you can catch it.

If this is difficult to do with both arms, then use your strongest arm.

Try changing the direction of your throw, so you have to lean to catch it.

Can add a pillow, folded towel, foam pad or other unstable surface to increase difficulty of the drill.

2. Single-leg balance on Bosu

2 Sets / 5 Reps / 30 s hold



Place a Bosu ball on the floor on the flat side near a wall so you can hold on for balance if needed.

Stand on your affected leg on the centre of the Bosu, and let go.

Try and balance here for as long as you can.

You can make this exercise more difficult by turning your head, or by closing your eyes.

3. Lunge onto Bosu

2 Sets / 15 Reps



Place a Bosu ball on the floor on the flat side.

Stand a large pace away from it and then lunge onto the Bosu with your affected leg.

Make sure your knee travels forwards over your toes and you drop your hips down towards the floor, bending both knees to 90 degrees.

Push back up to the start position and repeat, keeping control in your trunk using your core stability muscles.

4. Lateral quick step over Bosu

3 Sets / 20 Reps



Place the Bosu on its flat side in the middle of the floor and stand to one side.

Bend down into a squat.

Aim to stay low with your knees bent throughout this exercise.

Step quickly onto the centre of the Bosu, jump onto your other leg placing it in the same position, whilst simultaneously moving the first leg out to the side to jump onto the far side of the floor.

Reverse the movement back in the other direction.

Try to increase the speed at which you perform this exercise.

5. 90 degree jumps

3 Sets / 10 Reps



Start position is in the power stance .

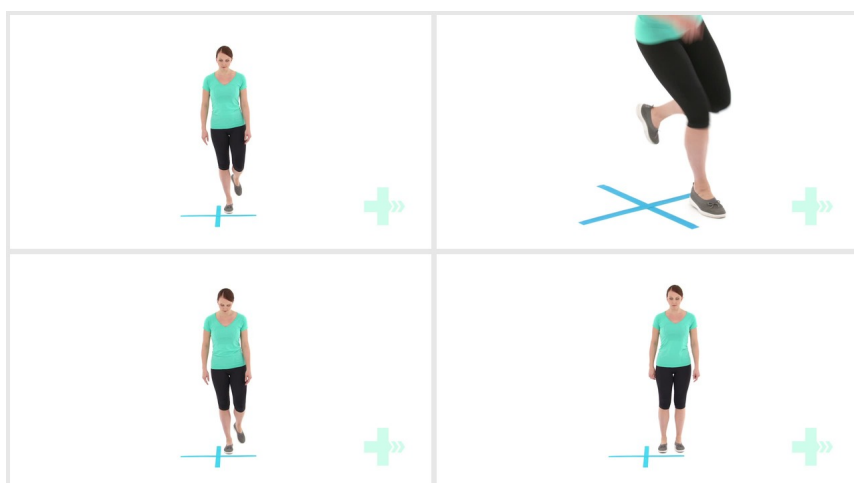
Jump upwards vigorously and extend the arms overhead whilst rotating the body 90 degrees to the right. Land softly by absorbing the impact through bending at the hips and knees, continue with several jumps clockwise, attempting to land at exactly the 90-degree mark from the previous jump.

Repeat in the counter-clockwise direction.

Progress to 180 degree jumps if possible.

6. Hop - figure of 8 around the grid

2 Sets / 5 Reps / 30 sec duration



Stand up straight with a four square grid on the floor in front of you.

Start in the back left square of the grid.

Transfer your weight onto your affected foot and lift your unaffected foot from the floor

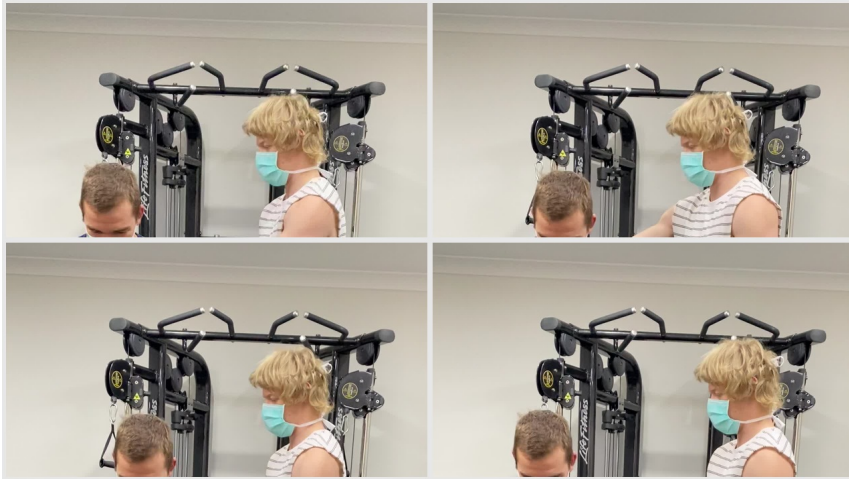
Hop diagonally across to the square to your front right landing lightly on your foot.

Immediately hop across the line to your left side then diagonally across to the square to your back right and finally across the line to your left side in quick succession.

Repeat.

7. Single leg balance with partner push

5 Sets / 1 Rep / 30 sec duration



Pair up.

Take turns balancing on one leg, with your partner providing small pushes to unsteady you.

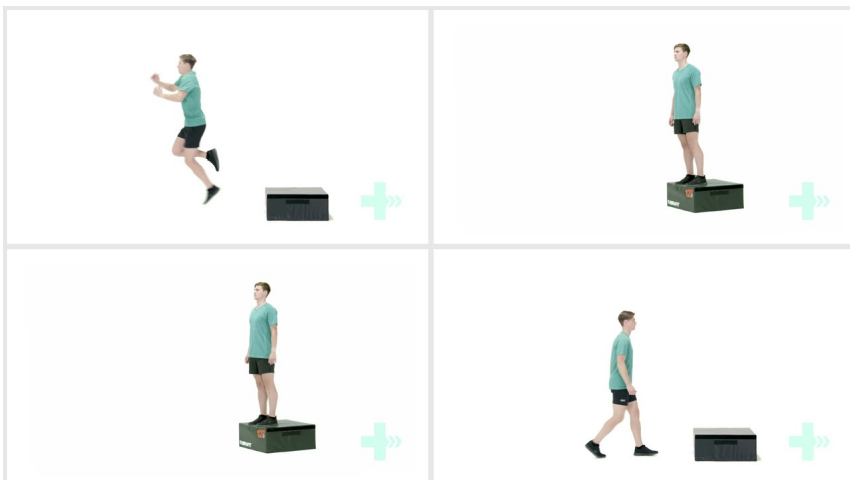
30 seconds on each leg.

For a challenge, try having your eyes closed.

Swap over and repeat

8. Countermovement - drop jump – single leg land and hop forwards onto left leg (with arm swing)

2 Sets / 10 Reps



Stand on a box to a height as instructed by your therapist.

When ready, hover your left leg over the edge of the box.

Keeping your chest up, step forwards off the box ensuring you don't jump.

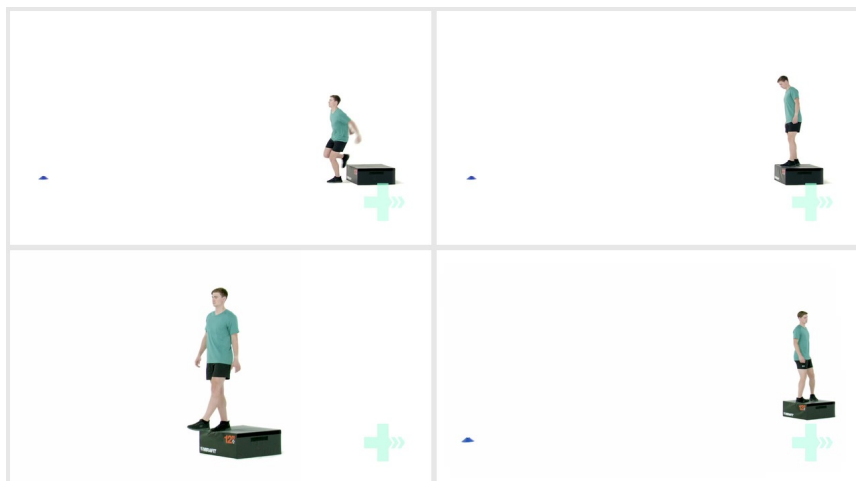
Upon landing on your left leg, hop forwards as high as you can, using your arms to generate momentum.

Land softly on your left leg and regain your balance.

Repeat.

9. Countermovement - drop jump – single leg land and hop to the left onto two legs then 5-yard sprint (with arm swing)

2 Sets / 10 Reps



Stand on a box to a height as instructed by your therapist.

When ready, hover your left leg over the edge of the box.

Keeping your chest up, step forwards off the box ensuring you don't jump.

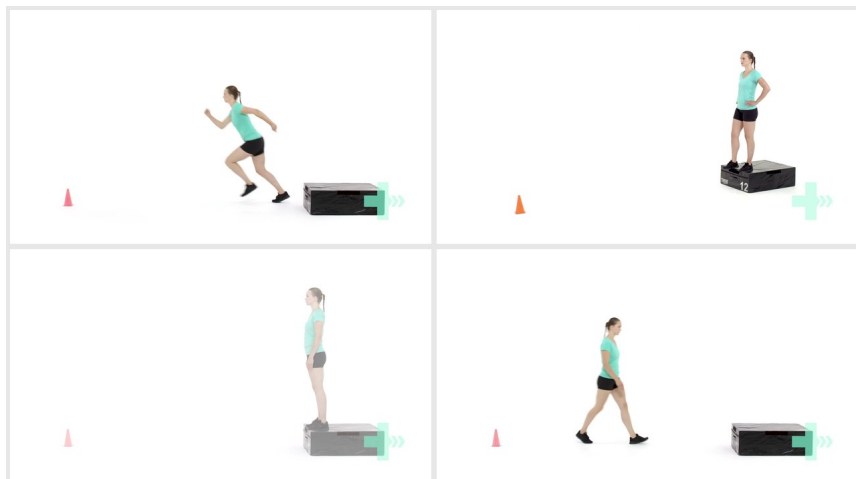
Upon landing on one leg, hop to the left as high as you can, using your arms to generate momentum.

Land softly on both feet and then sprint forward five yards.

Repeat.

10. Plyometrics - drop jump – single leg land and hop to the right onto two legs then sprint (hands on hips)

2 Sets / 10 Reps



Stand on a box to a height as instructed by your therapist.

Place your hands on your hips.

When ready, hover one leg over the edge of the box.

Keeping your chest up, step forwards off the box ensuring you don't jump.

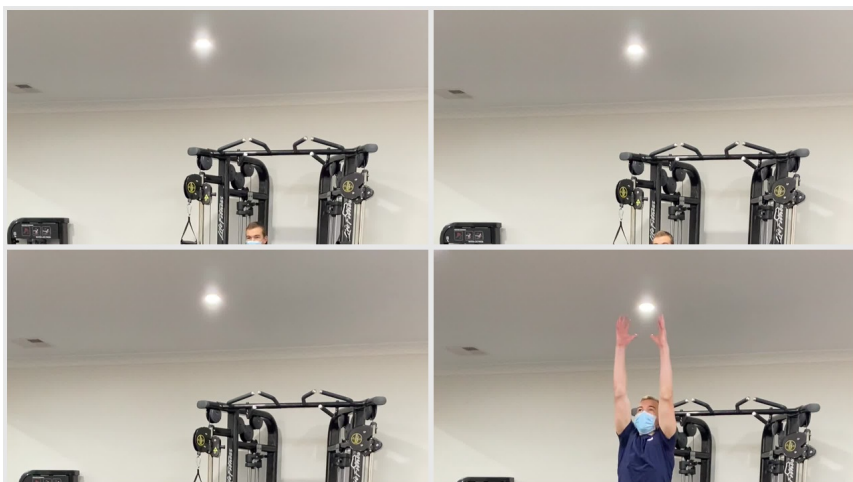
Upon landing on one leg, instantly hop to the right as quickly and as high as you can.

Land softly on both feet then sprint forwards, stopping at the marker.

Repeat.

11. Jogging, High Ball Jump and Land

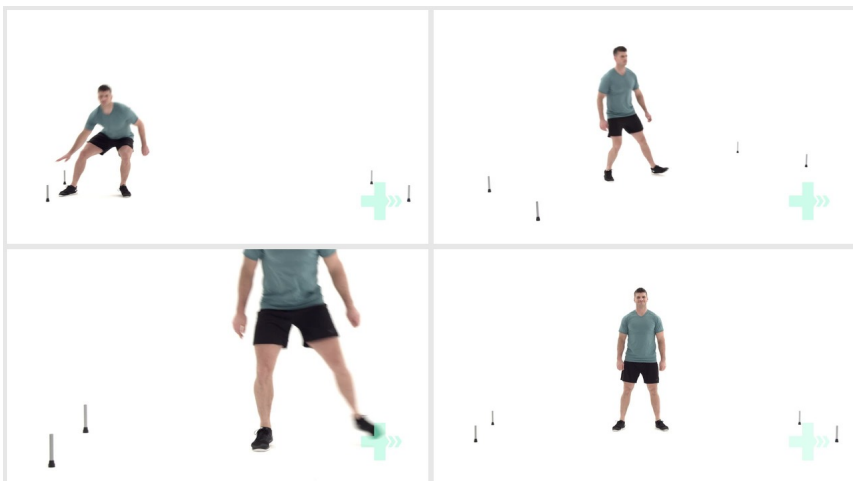
2 Sets / 15 Reps



Jog forward for 3 steps. Take off like from a single leg and raise arms as if you are catching a ball overhead. Raise opposite knee in front to hip height. Land balanced in a lunge position. Repeat taking off opposite leg. ~ 15 metres.

12. Quick runs 4 corners

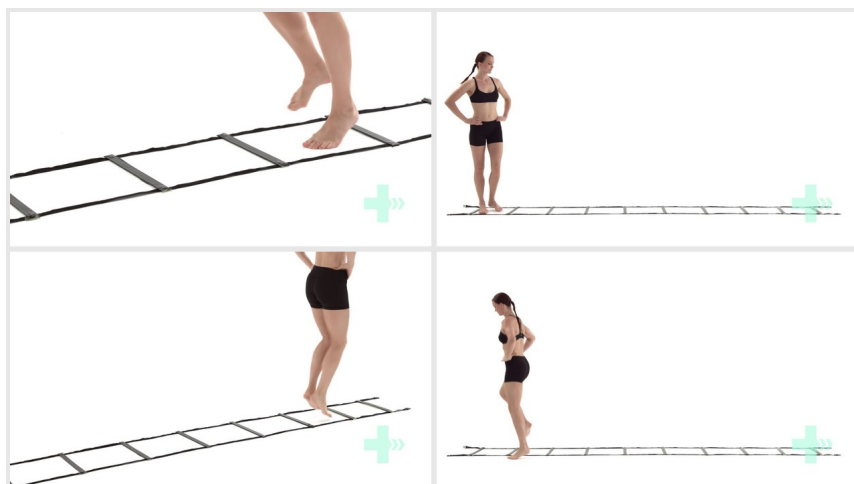
2 Sets / 5 Reps / 30 sec duration



Place 4 markers in a large square and stand in the middle.
Go! Run quickly to touch one corner, quickly back to the middle, and run quickly to the next.
Continue this, reaching every corner and changing the order.
Remember to always return to the center after each marker has been touched.

13. Ladder runs in-side-in-side.

2 Sets / 10 Reps



Lie a drill ladder on the ground.

During this exercise both feet will go in the ladder, then both feet outside the ladder.

Start with two paces inside the ladder, then place your feet either side of the ladder.

Repeat this movement, travelling forwards in each square.

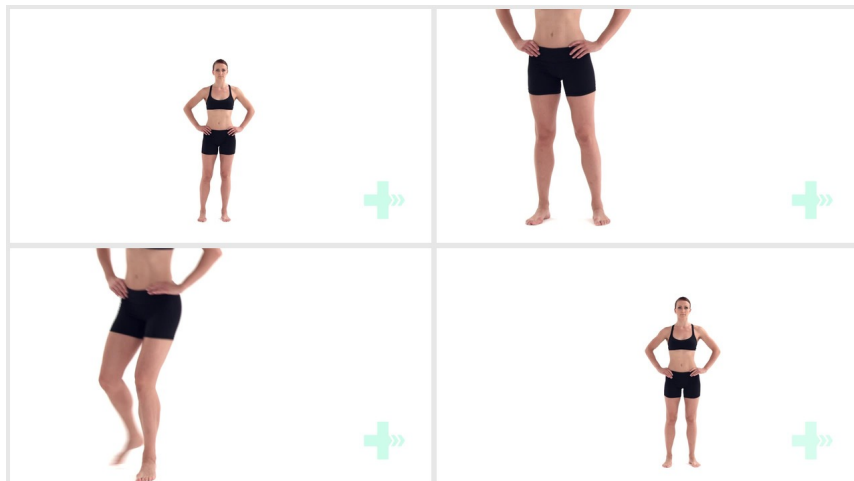
Make sure you change your leading leg as you change direction.

Start off steady, picking your feet up off the floor quickly and landing on your toes.

Build the speed with each length.

14. Grapevines fast

1 Set / 1 Rep



Stand with your legs hip-width apart.

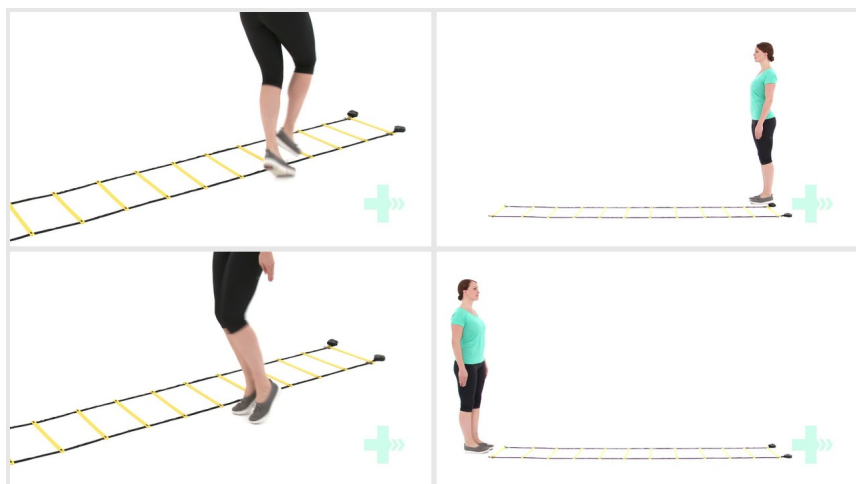
Step one leg out to the side, and then step the second one across and in front of the first leg.

Step the first leg out to the side again, and step the second one across and behind the first.

Repeat this movement at a fast pace and change direction.

15. Ladder runs cross-over

2 Sets / 10 Reps



Stand up straight with an agility ladder laid out on the floor.

Start by standing to one side of the ladder.

Step your outside foot into the square, then step your other foot to the other side of the ladder.

Step your first foot to join the second.

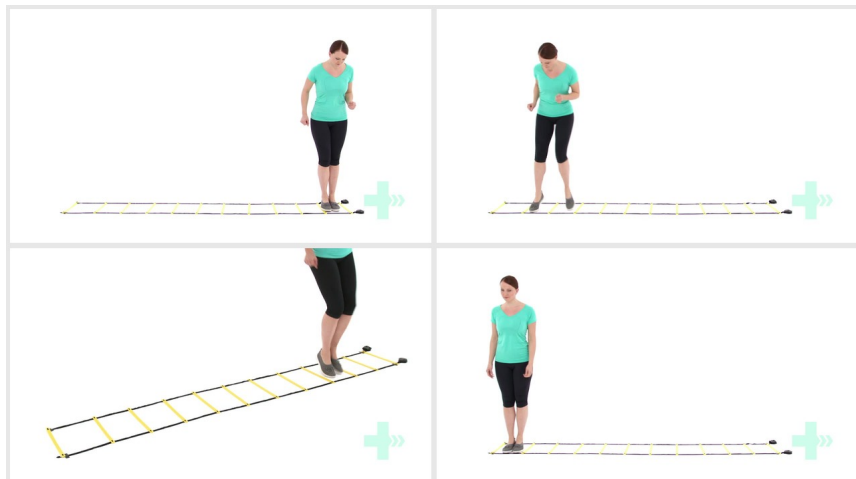
Repeat in the other direction, stepping into the next square.

Outside foot to the square, other foot to the other side of the ladder, foot in the square to the original side.

Perform this sequence quickly, staying lightly on the balls of your feet.

16. Ladder runs sideways

2 Sets / 10 Reps



Stand up straight with an agility ladder laid on the floor in front of you.

Starting at one end of the ladder, step one foot sideways into the first square.

Quickly bring your other foot into the same square.

Step your first foot into the next square, following with the second.

Repeat this sequence.

Try to remain light on the balls of your feet, increasing the speed at which you perform the movement.