



FÖRBEREDELSETRÄNING - ÖVNINGSBANK

KAT	AKTIVERING	DYNAMISK RÖRLIGHET	LÖPTEKNIK	FOTARBETE	HOPPA-LANDA-LÖP
Övn.nr		Övn.nr	Övn.nr	Övn.nr	Övn.nr
1.	Glute Bridge progressions A - Glute bridge - 2 leg B - Glute bridge - 2 leg miniband C - Glute bridge w. ball D - Glute bridge w. kick E - Glute Bridge 1 leg w. knee press	1. Heel to butt 2. Leg Cradle 3. Knee Hug 4. Inverted hamstring stretch 5. Worst/greatest stretch 6. Lunge A - forward B - backward C - lateral D - rotation E - combination	1. Linear March A Forward-backward B Diagonal Arm up	1. Base rotations (miniband) 2. Rapid response - 2 leg 3. Rapid response - 1 leg 4. 2-inch runs in place 5. 2 inch runs - 4 directions 6. Pogo jumps A Parallell B Split C Split lateral D 1 leg lateral E 1 leg fwd-bwd F Pogo + Hip rotation	Hoppa-Landa (Förutbestämt) 1. Drop squat 2. Drop split squat 3. Drop squat, 1 leg A - Normal B - Lateral
2.	1 leg Squat with alt legswing - Up, forward-lateral-backward	7. Hurdle mobility A - forward B - backward C - sideways D - skip E - skip w. kick F - over under	2. Linear Skip A Forward-backward B Diagonal Arm up C Arms Up-out-fwd D Hip inside Skip E Dropstep Skip F Straight leg skip	7. Mirror A Base rotations B Rapid response - 2 leg C 1 leg lateral	4. A Drop squat to NCMJ B Drop squat to CMJ C Drop squat to Double contact D Drop squat to continuous
3.	1 leg Hip rotation - Heels together, external rotation		3. Lateral March 4. Lateral Skip 5. Crossover skip 6. Tirloca 7. Carioca 8. Linear Pop Float 9. Lateral Pop Float 10. Linear Bounding	6. A Drop 1 leg squat to NCMJ B Drop 1 leg squat to CMJ C Drop 1 leg squat to Double contact D Drop 1 leg squat to continuous	
4.	1 leg squat w. hip rotation - Small squat on 1 leg, external rotation			7. Bound (from one leg to another) A - NCM to stabilize (linear/lateral) B - CM to stabilize C - Double contact to stabilize D - Quick and stabilize (linea/lateral) E - Continuous	
5.	Miniband walks A - Forward-backward B - Lateral C - Split position			8. Hop (same leg) A - NCM to stabilize (w. miniband / med.ball) B - CM to stabilize C - Double contact to stabilize D - Quick and stabilize E - Continuous	
6.	Miniband walks - straight legs A - Forward-backward B - Lateral			Hoppa-Landa-Löp (Förutbestämt - motståndsband) Linear-lateral 9. Acceleration Wall drill - Posture Hold 10. Acceleration Wall drill - Load and lift 11. Acceleration Wall drill - Single Exchange 12. Acceleration Wall drill - Double Exchange 13. Acceleration Wall drill - Lateral Cut 14. Acceleration Wall drill - Crossover 15. Linear march (resistance band/bungee/sled) 16. Linear Bound (resistance band/bungee/sled) 17. Linear bound to acceleration (resistance band/bungee/sled) 18. Linear contrast acceleration (resistance to sprint) 19. Lateral Shuffle - quick and stabilize (resistance band/bungee/sled) 20. Lateral Shuffle - continuous (resistance band/bungee/sled) 21. Lateral Shuffle - continuous w. deceleration (resistance band/bungee/sled) 22. Crossover drill - to stop (resistance band/bungee/sled) 23. Crossover drill - continuous (resistance band/bungee/sled) 24. Shuffle + crossover combination 1	
7.	Knee lift with press			Medicine ball 26. Chest throw A - Parallell B - Split C - 1 bers D - Drop split squat to NCM Bound E - Drop split squat to CM Bound	
8.	Push-up position A - Diagonal shoulder taps B - Diagonal arm 8 leg progression C - Alternating armreach with rotation D - Alternate armreach with diagonal legtouch E - Handwalk F - Phone lateral progression H - Knead I - Out and in w. arms & feet J - Shoulder Push-up K - Miniband Clock progression L - Minibandwalk (miniband)			27. Grammy Toss 28. Rotational Throw A - Drop step 1 arm throw B - Base rotation to COD 1 arm throw 29. Drop Squat to CMJ 30. Hip Hinge to split position - Throw 31. Parallell rotational throw A - Kneeling B - Split Squat C - Standing 32. Perpendicular Rotational Throw A - Standing B - 1 leg C - Quick bound and stabilize D - Continuous	
9.	Bear Walk A - Forward-backward B - Lateral			Hoppa-Landa-Löp (reaktion) Linear-lateral 33. Linear Mirror 34. Lateral shuffle mirror 35. Lateral crossover mirror 36. Square mirror 37. T mirror 38. 6 cone drill A Progression 1 B Progression 2 C Progression 3	
10.	Plank Position A - Arm + leg lifts B - Feet touch out-in				
11.	Sideplank Progression A - Holds B - Dynamic C - Leg elevation D - Arms + leg				
12.	Spiderman - Forward-backward				
13.	Monkey jumps A - Forward B - Lateral C - With kick up				
14.	Grab walk A - Forward-backward B - Straight leg lifts				
15.	Scorpion - Lateral				
16.	Medicine ball rotations A - Parallell B - Split position C - 1 leg D - Moving				
17.	Partner joystick A - Parallell B - Split position C - 1 leg				
18.	Squat A - Parallell B - Split C - 1 leg				