



## Team BWS

### **Ankle & Knee Stability**

- Watch the video and complete exercises as below, completing correct number of reps
- Key points within the video:
  - Centre of mass over base of support, head up, chest up (perfect posture)
  - Maintain ankle, knee, hip alignment
  - Don't over rotate, keep your head up
  - Land on the whole of your foot, not your toes
  - Take your time, quality over quantity (not a competition)

#### **Stability Drills (10m x 3)**

1. Heel to toe (2min 30s on video)
2. A skips (3min 40s)
3. A skip holds (4min 20s)
4. Step & slide (5min 35s)

#### **Static Stability (5-10 on each leg, hold for 3s)**

1. Single hop & hold (6min 10s)
2. Broad jump & hold (7min 30s)
3. ½ turn jump & hold (8min 20s)
4. Diagonal step & hold (8min 50s)
5. Compass hops & hold (10min)

#### **Dynamic Stability (5-10 on each leg)**

1. Lateral side hops (11min 15s)
2. Continuous broad jumps (12min 20s)
3. Hop hop jump (13min 20s)
4. Skater lateral strides (13min 44s)
5. Step slide land (14min 15s)

#### **Stability Games (maintain perfect posture whilst moving fast)**

1. Mine Field (15min 5s)
2. Mine Sweep (15min 45s)
3. Grab the tail (17min 45s)

**Video:** <https://youtu.be/9wtlrBBTiRo>