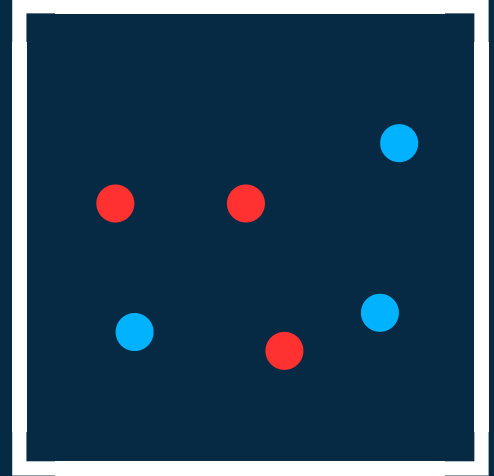


THE SET UP -

Instruction to players -

- As the players arrive they join a field.
- Instruct the players to find a space on the field to perform the balance exercises which allow the athlete to gain a sense of control and awareness of their joints and how they function when the body is in motion.



BALANCE EXERCISES

A variety of dynamic movements to active muscle groups

Hip circles -

- Stand on one leg, using a countertop for support, and gently swing the opposite leg in circles out to the side.
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- Do 20 circles in each direction. Switch legs. Progressively increase the size of the circles as you become more flexible.



High Stepping

- High-Stepping. Stand with your feet parallel and shoulder-width apart.
- Step forward with the left leg and raise the right knee high toward your chest (use a wall for balance, if needed).
- Use both hands (or one, if using the other for balance) to pull the knee up farther. Pause and lower right leg, then repeat on the other side. Continue "high-stepping" five times on each leg as you walk forward.