





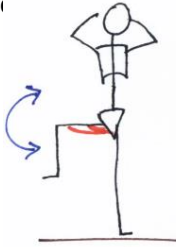
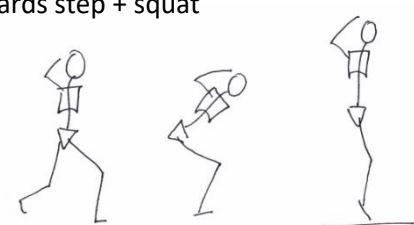


# AGILITY–BALANCE–CO-ORDINATION

The following drills are designed to develop motor control and co-ordinate the joints of the body through the application of functional movements. If you have difficulty with a particular exercise, move onto the next one.

The **lane** exercises require an area of flat ground where you can perform the exercise by moving from one end to the other. Start with a 10-metre lane and then progress the repetitions or make the lane longer.

<p>Walking on balls of feet (Cocky walk). Also perform with weight above head</p> <p>Forwards, backwards and sideways (FBS).</p> 	<p>Walk with alternate knee to chest and squeeze (Pause with knee to chest, hold balance, then continue).</p> 
<p>Russian walk (hamstring)</p> 	<p>Walking lunge (F, B, S) progress to hands behind head, also with trunk rotation</p> 
<p>Walking hamstring stretch</p> 	<p>Walking quadriceps stretch + reach up</p> 
<p>Walking – open/close the gate</p> 	<p>Forwards step + squat</p> 

**ALWAYS CONSULT YOUR PHYSIO PRIOR TO COMMENCING THESE EXERCISES**

