Supplementary Online Material


eAppendix.

This supplementary material has been provided by the authors, and is used with their permission, to give readers additional information about their work.
WARM-UP

(at least 10 min)

1. Jogging
   (≥ 4-6 min)

2. Backward jogging
   (~ 1 min)

3. High knee skipping
   (~ 30 sec)

4. Defensive pressure technique
   (~ 30 sec)

5. 1 and 1
   (≥ 2 min)

Defensive pressure technique

X = attacker
O = defender
MUSCLE ACTIVATION

(≈ 2 min)

1. Activation of calf muscle

2. Activation of quadriceps muscle

3. Activation of hamstring muscle

4. Activation of hipflexor muscle

5. Activation of groin muscle

6. Activation of hip and lower back muscle
**BALANCE**  

1. Forward and backward double leg jump  
   (~ 30 sec)

2. Lateral single leg jump  
   (~ 30 sec)

3. Forward and backward single leg jump  
   (~ 30 sec)

**Double leg jump with or without ball**  
(optional)

Wrong
1. Walking lunges  
   (~1 min)

2. Hamstring curl  
   (~1 min/player)

3. Knee squat with toe raises  
   (~1 min)
**CORE STABILITY** (~ 3 min)

1. **Sit-ups** (~ 1 min)
   - Proper:
     - Slightly flexed knees
     - Straight line
     - Low body-centre of gravity
   - Improper:
     - Straight knees
     - Kissing knees
     - Straight upperbody

2. **Board** (~ 1 min)

3. **Bridging** (~ 1 min)

**PROPER AND IMPROPER PATTERN OF MOVEMENT WHEN:**

<table>
<thead>
<tr>
<th>Take off</th>
<th>Landing</th>
<th>Cutting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proper (right)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Slightly flexed knees</td>
<td>• Straight line hip-knee-foot</td>
<td>• Low body-centre of gravity</td>
</tr>
</tbody>
</table>

| Improper (wrong) | |
|• Straight knees | • Kissing knees | • Straight upperbody |