

1. Upper body rotation

🕒 3 x 8-16 repetitions

- Rotate upper body upwards with extended arm
- Alternate sides
- Have your eyes on the ball
- 3 x 8-16 repetitions



2. Upwards Y

🕒 3 x 8-16 repetitions

- Elevate your chest, squeeze the shoulderblades together
- Pull the elastic band upwards with both arms, make a y-pattern
- 3 x 8-16 repetitions



3. Sleepers stretch

🕒 3 x 30 sec

- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- 3 x 30 seconds



4. External rotation

🕒 3 x 10-20 repetitions

- Place elbow and shoulder in 90 degrees
- Use a handball or small weight ball
- Move the arm slowly upwards and downwards
- 3 x 10-20 repetitions



5. Release and catch

🕒 3 x 10-20 repetitions

- Place elbow and arm in 90 degrees
- Release the grip on the ball
- Catch the ball immediately
- Use a handball or small weight ball
- 3 x 10-20 repetitions



1. Plank with pass

🕒 3 x 8-16 repetitions

- Push up start position
- Pass the ball to partner
- Alternate arms
- 3 x 8-16 repetitions



2. Bow and arrow

🕒 3 x 8-16 repetitions

- Pull the shoulder backwards
- Rotate upper body to the same side
- Keep the other arm straight
- 3 x 8-16 repetitions



3. Upper body rotation

🕒 3 x 8-16 repetitions

- Rotate upper body upwards with extended arm
- Alternate sides
- Have your eyes on the ball
- 3 x 8-16 repetitions



4. Shoulder stretch supine

🕒 3 x 30 seconds

- Place the shoulder in about 90 degrees
- Partner stabilizes shoulderblade
- Press the upper arm gently downwards
- 3 x 30 seconds



5. Release and catch

🕒 3 x 10-20 repetitions

- Place elbow and arm in 90 degrees
- Release the grip on the ball
- Catch the ball immediately
- Use a handball or small weight ball
- 3 x 10-20 repetitions



1. Upper body rotation

🕒 3 x 8-16 repetitions

- Rotate upper body upwards with extended arm
- Alternate sides
- Have your eyes on the ball
- 3 x 8-16 repetitions



2. Lower the arm

🕒 3 x 8-16 repetitions

- Stretch the elastic band to a position similar to a shot position
- Lower the arm and rotate upwards
- Back to start position
- 3 x 8-16 repetitions



3. Shoulder stretch supine

🕒 3 x 30 sec

- Place the shoulder in about 90 degrees
- Partner stabilizes shoulderblade
- Press the upper arm gently downwards
- 3 x 30 seconds



4. Sleepers stretch

🕒 3 x 30 sec

- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- 3 x 30 seconds



5. Backwards throw

🕒 3 x 10-20 repetitions

- Partner throws ball backwards
- Throw ball back to partner
- Use handball or small weight ball
- 3 x 10-20 repetitions

