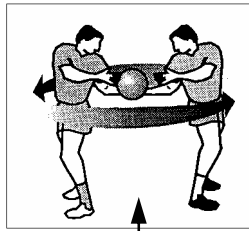
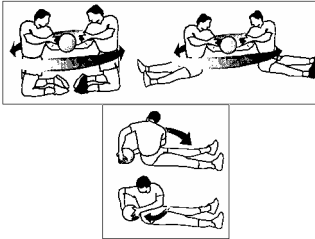


(Some) Medicine Ball Activities

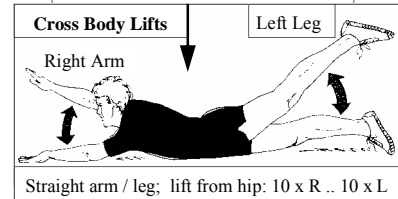
More comprehensive example range is available
 Select and apply what **YOU** and your sport need



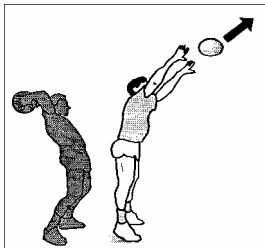
Progress gradually to:
 3 x 20 (10L / 10R)
Advanced
 3 x 30 (15L / 15R)

Rocky Half Twist ... Full Twist
 Variations: Seated; Kneeling

Don't overlook the importance of **Cross Body Lifts**; messages from the brain to the muscles travel diagonally; i.e. the right hand side of the brain instructs the left-hand side of the body .. this relationship needs to be re-inforced.



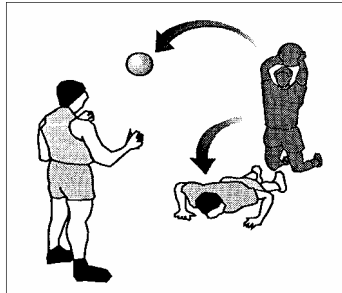
2-3 Sessions per week
 Use in association with other strength and skill sessions
 (always start on non-preferred side) (understand why?)
 e.g.
Punching Bag Speedball
20-30 Min. Circuit
 (light weights / high (20) repetitions)
Swim / Pool Sessions
 (specific skills – co-ordination and recovery)



Progress gradually to:
 3 x 20 (10L / 10R)

Soccer
 (Left foot forward / Right foot forward)
 Variations: Kneeling; Woodchopper

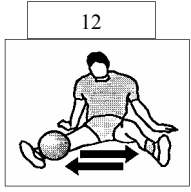
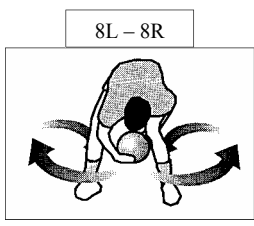
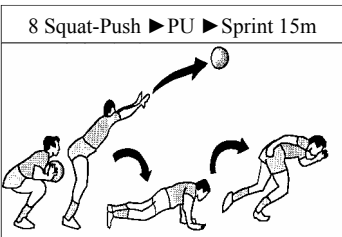
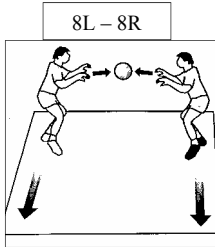
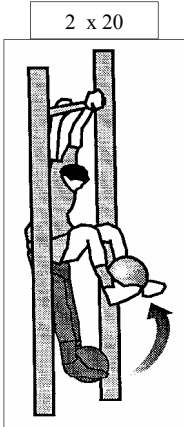
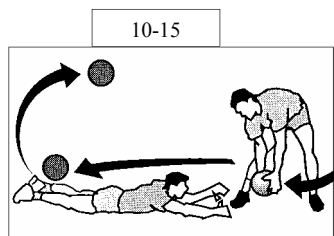
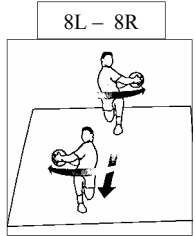
It's not only about training harder .. it's about training smarter
 Specificity
 Regularity Variety Quality



Progress gradually to:
 3 x 10
Advanced
 3 x 15

Medicine Ball Push-Ups
 (with partner, or, a wall)

Various
 Select movements that reflect your sport, and, will enhance your performance



Choose carefully: Medicine Ball (1 kg. 2 kg. 3 kg.) - Netball - Football - Basketball
 After working with the medicine ball, the netball-football-basketball feels "light" .. your grip strength is enhanced