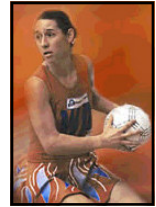




# Medicine Ball Circuit: Netball (1)

North West Athletics: [www.nwaswimaths.com](http://www.nwaswimaths.com)

Thorough, varied, active warm-up.



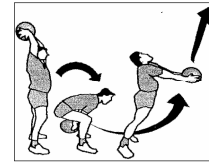
## Exercise

### 1. Forward Through Legs

Straddle stand position, with ball held overhead. Swing the ball down through the legs, simultaneously bending at knees and waist. Extend the hips, legs and back throwing the ball forward for maximum distance.

**Wt. Sets/Reps. Rhythm/Speed**

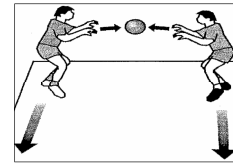
2-5 kg. 2 x 10-15 Explosive



### 2. Lateral Shuffle & Pass

Straddle stand position with ball at chest facing partner. Shuffle sideways while executing a chest pass to partner.

3-5 kg. 2 x 10-15 Fast & Explosive

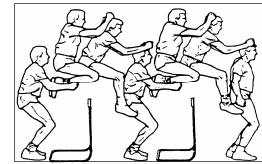


### 3. Hurdle Bounding

Five hurdles (55-76cm); knees to chest rather than chest to knees. Head (eyes) Up .. however, retain eye contact with hurdle. Aim to clear the hurdle decisively. Pre-Jump or Explosive Bounding as directed.

**Variations:** ... e.g. lateral bounding; variable heights.

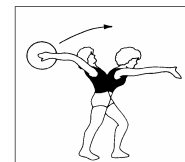
Max. of 20 contacts per set; Set = 4 x 5H  
2 Sets: 1-2 min. recovery between.



### 4. Soccer Throw

Straddle stand; knees slightly flexed; upper body erect with a firm centre. Ball held overhead with bent arms. Bend slightly at the knees, and arch the back while bending the arms. Use legs, hips, and back to initiate the throw to a partner or against the wall. (Take care if throwing to partner .. on the bounce?)

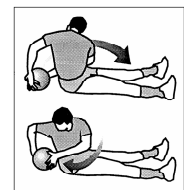
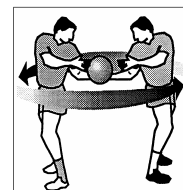
2-4 kg. 2 x 10 Fast



### 5. Rocky Half Twist

Straddle stand position. Back to partner, an arm length away. Ball held extended out from the chest. Keeping the feet and hips stationary, twist the torso and pass the ball to the partner, who twists in the same direction; the pass is executed, right to left, left to right. **Variations:** Standing; Kneeling; Seated; *Rocky Full Twist*.

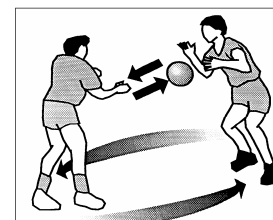
3-5 kg. 2 x 20 Moderate to Fast



### 6. Bull in a Ring

Straddle stand position with the ball at chest height, facing a partner. One partner remains stationary; the other partner moves, side stepping rapidly, in a circle while passing the ball.

3-5 kg. 2 Circles Fast and Explosive  
(reverse)



The activities / drills reflect a selection only ..

Choose the skills **you** need to enhance; consult with your coach.

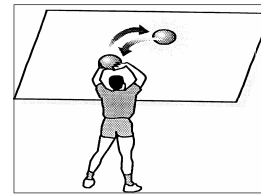
Don't overlook core strength activities such as Push Ups,  
Bent Knee Sit-Ups .. Variations; Back Extensions & **Cross Body Lifts**;  
Chin-Ups; Speedball; ....

### 7. Two Arm Overhead

Straddle stand, knees slightly flexed; back arched, with ball held overhead, arms extended. Extend the legs and the back and throw the ball forward to a partner or against the wall. When catching allow the weight of the ball to stretch you back into the starting position, and immediately repeat the action.

**Variation:** throw from a straddle sit position.

**Wt. Sets/Reps. Rhythm/Speed**  
2-4 kg. 12-20 reps. Fast and Explosive

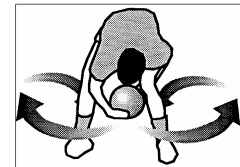


### 8. Figure 8 Between Legs

Straddle stand position bent at the waist, holding the ball behind one leg with two hands. Pass the ball around and outside the legs in a figure 8 pattern.

Reverse direction.

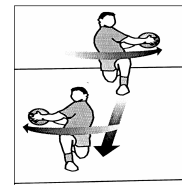
2-5 kg. 10 Left/Right Moderate to Fast



### 9. Russian Twist .. Walking

Stride stand position with the ball extended out from the chest. Walk forward (semi-lunge) and swing the ball to the side of the front leg, alternating the ball with each step.

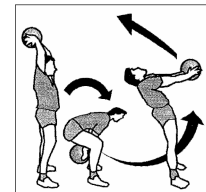
3-5 kg. 2 x 10 Moderate



### 10. Overhead Backwards Throw

Straddle stand position with ball extended overhead. Swing the ball down between the legs while simultaneously squatting and bending at the waist. Explode back up throwing the ball back overhead for maximum distance. Partner should catch the ball *on the bounce*, get set in the proper starting position, and throw back to their partner.

3-5 kg. 2 x 10 Explosive

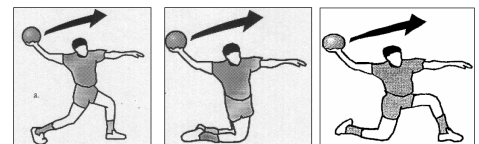


### 11. Single Arm Overhead Throw

Straddle stand with the ball held in one hand, extended behind the head. Using the legs, hips, and back, throw the ball to a partner, or, against the wall. (Always commence sets with non-preferred side throws .. Why?)

**Variations:** throw from side stand; throw from two knees; one knee.

1-4 kg. 2 x 8L / 8 R Explosive

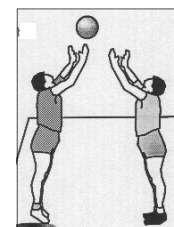


### 12. Tip Drill

Straddle stand position with ball held overhead. With a partner, tip the ball back and forth while jumping in the air.

**Variations:** against a wall (solo); alternating tips against a wall (partner).

2-4 kg. 2 x 10 - 20 Fast



Gambetta & Odgers: Complete Guide to Medicine Ball Training

### Consider variations and additional activities

Adapt activities and expectations to reflect the goals of your program (including your "training age")

(Some) Speed Drills to be considered for inclusion in warm-ups: A-Skip; Ankling; Cross Overs; Butt Kicks; B-Skip; Combinations; Stabilisation Bounds; Tuck Jumps; Split Jumps; 2H-2S-J; Fast Claw; Contrast Training; Wide Outs; Acceleration and/or Quickstep Ladder; Agility Tests; .....

The variations are only limited by your needs and imagination.