

Medicine Ball Circuit: SWIMMING (1)

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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.

2. Hurdle Bounding

Five hurdles (50-76cm); 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; combinations.

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

3. Reach Outs

Prone position, with ball held in front of head. Reach out until the arms are completely extended. Hold a count of *one (or two)* and return to the starting position under control.

Variation: Figure 8 pattern.

4. 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.

5. Pullover Throw

Supine position on a bench with the ball held in bent arms behind the head. Extend the arms and throw the ball to a partner.

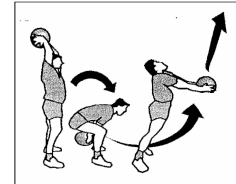
Catch the return ball (from your partner) over the chest and return to the starting position.

6. Rocky Half Twist

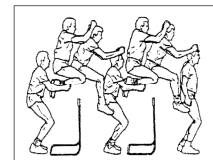
Straddle stand position. Back to partner, an arm length away. Ball held extended out from the chest. Keeping the feet and hips stationary, twist the torso and pass the ball to the partner, who twists in the same direction; the pass is executed, right to left, left to right. **Variations:** Kneeling;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

Wt. Sets/Reps. Rhythm/Speed

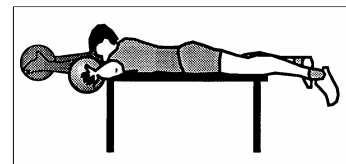
2-5 kg. 2 x 10-15 Explosive



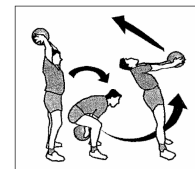
Max. of 20 contacts per set; Set = 4 x 5H
2 Sets: 1-2 min. recovery between.



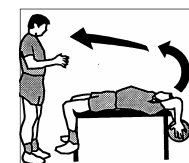
2-4 kg. 3 x 10 Controlled



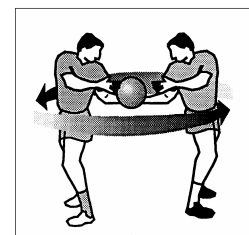
3-5 kg. 2 x 10 Explosive



2-5 kg. 3 x 10 Fast



3-5 kg. 2 x 20 Moderate to Fast



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 Jogging, Push Ups,
Bent Knee Sit-Ups, Back Extensions, Chin-Ups, Speedball,

Also: Exa-Cord Routines; Swim Bench Sessions; Push Backs;

*It's what you learn after
you think you know it all
that counts.*

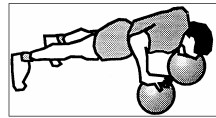
Wt. Sets/Reps. Rhythm/Speed

7. Cross-over Push Ups

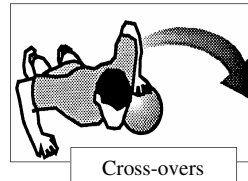
Begin in a front support position with one hand on top of a medicine ball, and the other hand on the ground. Move the ground hand to the top of the ball, so that both hands are on the ball. Remove the opposite hand from the ball to the ground and perform a single arm push up. Repeat in the opposite direction.

Variations:

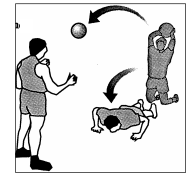
Two medicine balls—push ups;
Kneeling medicine ball
push ups with a partner.



3-5 kg. 3 x 10 Controlled



Cross-overs

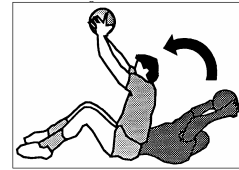


8. Medicine Ball Sit-Up

Straddle sit position with knees bent at 45° and ball extended overhead. Sit back to the ground maintaining the ball in the extended overhead position. Sit up and pass the ball to a partner. Your partner passes the ball back. Repeat the sequence.

Variations: Partner returns ball to left and right sides as well as mid line; random returns.

3-5 kg. 3 x 20 Controlled

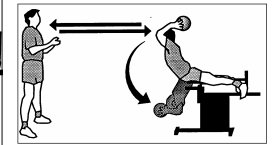
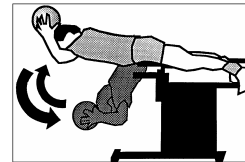


9. Medicine Ball Back Extensions

Prone position on a bench (feet anchored) with the ball placed behind the head. Rise up into a back parallel position with maximum tension on the spinal erector muscles. Return to starting position under control.

Variations: ¼ Twist in parallel position - alternating on successive rises;
Back Extension Throw to Partner.

2-4 kg. 3 x 10 Controlled

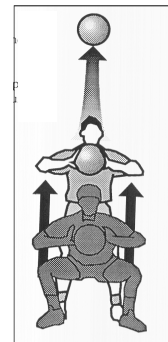


10. Squat, Throw, Bounce and Catch

Straddle stand position with the ball held at the chest. Squat down, exploding up throwing the ball directly overhead. Allow the ball to bounce; catch and repeat.

Variations: Squat, Throw and Catch; Squat, Throw, Turn 180° & Catch.

3-5 kg. 2 x 10 Explosive



Consult with Your Coach

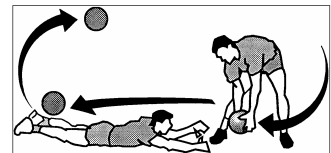
Select and/or adapt the activities shown

Swimming and stroke-specific movements should be incorporated into your circuit

11. Hamstring Curls

Lying prone with arms out in front of the body. Partner stands in front of the receiver and rolls the ball down the back, hips and legs to the feet of the receiver. As the ball approaches the heels of the receiver, the legs are curled quickly, flipping the ball back to their partner. Take care to roll the ball straight / evenly down the back of the receiver's legs.

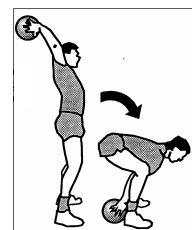
3-5 kg. 2 x 12 Fast / Controlled



12. Woodchopper

Straddle stand position, knees slightly flexed; upper body erect with a firm centre. Ball held overhead. Swing the ball forward and down between the legs in a chopping action. Bend at the knees and at the waist as the ball swings between the legs. Extend the body and reach high with the ball on the return movement.

2-5 kg. 2 x 10 Moderate



Nobody ever drowned in sweat