

MEDICINE BALL - Lower Extremity Squat (Front)

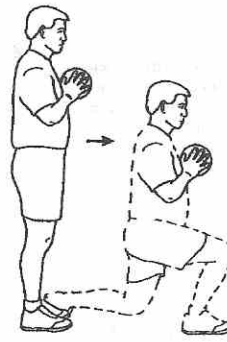
Cross arms over chest on ____ pound ball. Squat to ____° angle at the knee



Repeat ____ times per set
Rest ____ seconds after set
Do ____ sets per session

MEDICINE BALL - Lower Extremity Lunge (Forward)

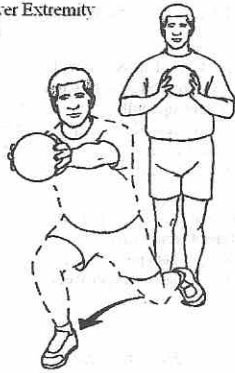
Hold ____ pound ball in front of chest. Lunge forward



Repeat ____ times
Repeat with other leg for set
Rest ____ seconds after set
Do ____ sets per session

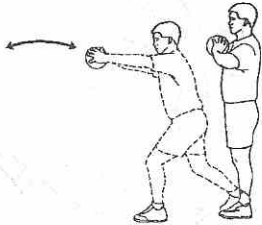
MEDICINE BALL - 14 Lower Extremity Lunge Reach (+45° Forward)

Hold ____ pound ball in front of chest. Lunging diagonally forward, push ball forward over knee



Repeat ____ times
Repeat with other leg for set
Rest ____ seconds after set
Do ____ sets per session

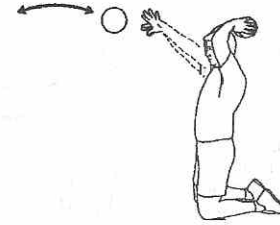
MEDICINE BALL - Upper Extremity Chest Pass Lunge (Standing)



Stand, holding ____ pound ball. Lunging forward, toss ball out to partner. Catch ball as it returns

Repeat ____ times per set Rest ____ seconds after set
Do ____ sets per session

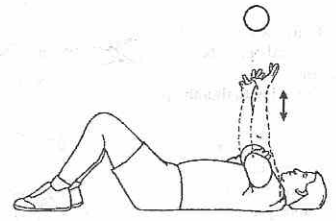
MEDICINE BALL - Upper Extremity Soccer Throw (Kneeling)



Kneel, holding ____ pound ball behind head. Throw ball forward to partner. Catch ball as it returns

Repeat ____ times per set Rest ____ seconds after set
Do ____ sets per session

MEDICINE BALL - Upper Extremity Drop (Double Arm)

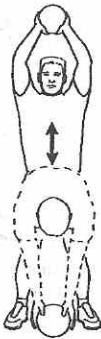


Lie on back holding ____ pound ball on chest. Toss ball straight up with both hands. Catch ball as it returns

Repeat ____ times per set Rest ____ seconds after set
Do ____ sets per session

MEDICINE BALL - Trunk Flexion Extension (Standing)

Hold a ____ pound ball over head. Touch ball to floor, bending knees as necessary



Repeat ____ times per set
Rest ____ seconds after set
Do ____ sets per session

MEDICINE BALL - Trunk Ankle Chop

Hold a ____ pound ball outside of ankle. Quickly move ball from ankle to above opposite shoulder and return quickly

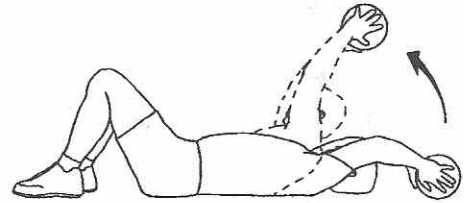


Repeat ____ times
Repeat from other side for set
Rest ____ seconds after set
Do ____ sets per session

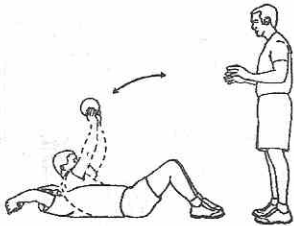
NOTE: Allow hips to rotate.

MEDICINE BALL - Trunk Sit-Up (Over Head)

Hold a ____ pound ball beyond head. Perform a sit-up. Repeat ____ times per set Rest ____ seconds after set
Do ____ sets per session



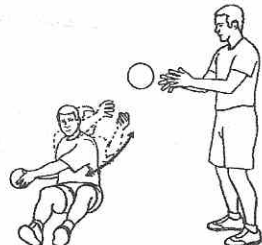
MEDICINE BALL - Partner Drill Sit-Up Ball Toss



Lie on back holding a ____ pound ball beyond head. Perform a sit-up and toss ball to partner. Catch ball while returning to start

Repeat ____ times per set Rest ____ seconds after set
Do ____ sets per session

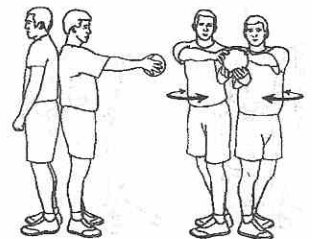
MEDICINE BALL - Partner Drill Lateral Pass



Holding a ____ pound ball at far hip, sit ____ feet from partner. Rotate and toss ball. Catch ball as it returns

Repeat ____ times Repeat from other side for set
Rest ____ seconds after set Do ____ sets per session

MEDICINE BALL - Partner Drill Half Twist (Standing)



Holding a ____ pound ball, stand back-to-back. Turn to side and pass ball. Rotate to other side and receive ball

Repeat ____ times Repeat in other direction for set
Rest ____ seconds after set Do ____ sets per session