

MEDICINE BALL DRILL #2

(The following exercises are performed with a partner)

EXERCISE 1: Outside Rotation Pass

CADENCE: Slow

STARTING POSITIONS: Arms to Thrust, holding the medicine ball in front of the abdomen, with your back to your partner. Partner stands in the same position, two to three feet away, without the medicine ball.

MOVEMENT:

1. Rotate to the left (partner rotates to the right), while extending the arms forward at chest level and hand the medicine ball to your partner.
2. Partner receives the medicine ball with his left hand on top and his right hand on the bottom and returns to the Arms to Thrust position, holding the medicine ball in front of the abdomen.
3. Repeat the actions performed in #1, with the partner handing off the medicine ball to the opposite side.
4. Rotate to the starting positions.

Note: After completing the desired number of repetitions or time, perform steps 1-4 in the opposite direction for the desired number of repetitions or time.



EXERCISE 2: Inside Rotation Pass

CADENCE: Slow

STARTING POSITIONS: Arms to Thrust, holding the medicine ball in front of the abdomen, with your back to your partner. Partner stands in the same position, two to three feet away, without the medicine ball.

MOVEMENT:

1. Rotate to the left (partner rotates to the left), while extending the arms forward at chest level and hand the medicine ball to your partner.
2. Partner receives the medicine ball with his left hand on top and his right hand on the bottom and returns to the Arms to Thrust position (exerciser performs the same action without the medicine ball), holding the medicine ball in front of the abdomen.
3. Repeat the actions performed in #1, with the partner handing off the medicine ball to the opposite side.
4. Exerciser receives the medicine ball, placing his left hand on top and his right hand on the bottom and both the exerciser and partner return to the starting positions.

Note: After completing the desired number of repetitions or time, perform steps 1-4 in the opposite direction for the desired number of repetitions or time.



EXERCISE 3: Squat and Reach Pass

CADENCE: Slow

STARTING POSITIONS: Arms Overhead, holding the medicine ball, with your feet 1 1/2 shoulder widths apart and your back to your partner. Partner stands in the same position, two to three feet away, without the medicine ball.

MOVEMENT:

1. Squat and bend forward to the Forward Leaning position (partner performs the same action), reaching between the legs and hand off the medicine ball to your partner.
2. Partner receives the medicine ball with his left hand on top and his right hand on the bottom and returns to the starting position after handing off the medicine ball overhead.
3. Exerciser receives the medicine ball with his left hand to the rear and his right hand forward, then both the exerciser and partner repeat the actions performed in #1.
4. Repeat the actions in #2 and return to the starting positions.

Note: After completing the desired number of repetitions or time, give the medicine ball to your partner and perform steps 1-4 for the desired number of repetitions or time.



EXERCISE 4: High-Low Pass

CADENCE: Slow

STARTING POSITIONS: Arms to Thrust, holding the medicine ball, with your back to your partner. Partner stands in the same position, two to three feet away, without the medicine ball.

MOVEMENT:

1. Extend the arms upward and over the left shoulder (partner performs the same action to his right), handing off the medicine ball to your partner.
2. Partner receives the medicine ball with his left hand on top and his right hand on the bottom and both return to the starting position. Partner returns to the starting position holding the medicine ball.
3. Partner extends his arms downward toward his left knee (exerciser performs the same movement toward his right knee without the medicine ball) and hands off the medicine ball to the exerciser.
4. Exerciser receives the medicine ball, placing his right hand on top and his left hand on the bottom and both the exerciser and partner return to the starting positions.

Note: After completing the desired number of repetitions or time, perform steps 1-4 in the opposite direction. Then, give the medicine ball to your partner and repeat the last two sequences for the desired number of repetitions or time.



EXERCISE 5: Sit-up and Reach Pass

CADENCE: Slow

STARTING POSITIONS: Position on Back, feet interlocked, knees bent at 90 degrees, holding the medicine ball in front of the abdomen. Exerciser and partner will mirror each other's movement.

MOVEMENT:

1. Perform a sit-up and simultaneously reach up and forward, extending the arms; hand off the medicine ball to your partner.
2. Return to the starting positions (partner now has the medicine ball).
3. Repeat the actions performed in #1 with the partner passing the medicine ball to the exerciser.
4. Repeat the actions performed in #2 and return to the starting positions.

Note: Use alternate starting position to increase the intensity of this exercise.



Alternate Starting Position



EXERCISE 6: Prone Extension

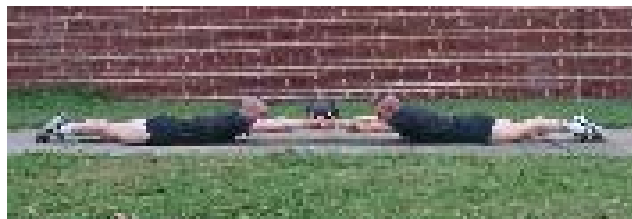
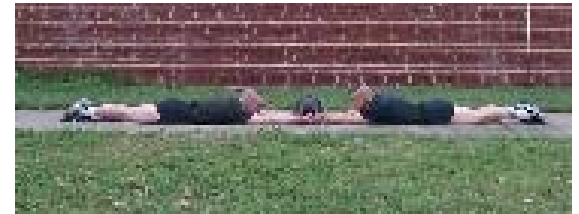
CADENCE: Slow

STARTING POSITION: Lie prone on the ground, feet and legs together, toes pointed away and arms extended overhead. Exerciser and partner mirror each other's position, holding the medicine ball between their outstretched arms with their fingers interlaced on the sides of the medicine ball.

MOVEMENT:

1. Exerciser and partner lift the medicine ball six to eight inches off the ground.
2. Return to the starting position.
3. Repeat the actions performed in #1.
5. Return to the starting position.

Note: The intensity of this exercise is increased by simultaneously raising the feet and legs off the ground while lifting the medicine ball.



EXERCISE 7: Throw-Down

CADENCE: Slow

STARTING POSITIONS: Arms Overhead, holding the medicine ball, facing your partner. Partner stands in the same position, five yards away, without the medicine ball.

MOVEMENT:

1. Rise up on the toes and forcefully throw the medicine ball downward, attempting to bounce it just above your partner's head.
2. Partner catches the medicine ball and immediately repeats the action performed by the exerciser in #1.
3. Exerciser catches the medicine ball and immediately repeats the action performed in #1.
4. Partner repeats the actions performed by the exerciser in #2 and both the exerciser and partner return to the starting positions.



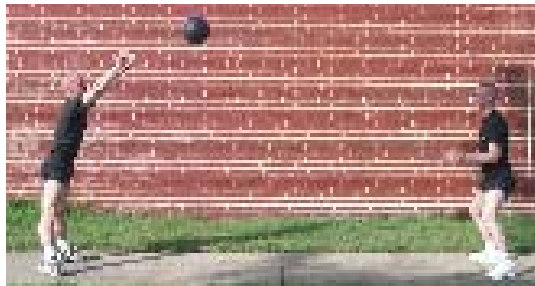
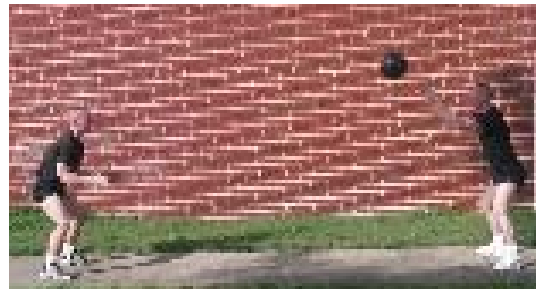
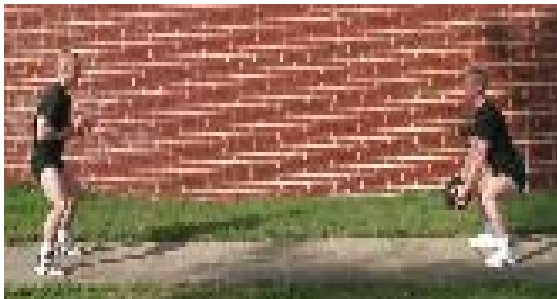
EXERCISE 8: Underhand Throw

CADENCE: Slow

STARTING POSITIONS: Forward Leaning with the feet $1\frac{1}{2}$ shoulder widths, toes pointed out 45 degrees and squat with knees bent at 90 degrees, holding the medicine ball below the waist, with the arms extended. Partner is in the Arms to Thrust position.

MOVEMENT:

1. Stand up on the balls of the feet and simultaneously rise to the Arms Overhead position, throwing the medicine ball in a high arc to your partner.
2. Partner catches the medicine ball and immediately repeats the actions performed by the exerciser in #1.
3. The exerciser catches the medicine ball and immediately repeats the actions performed in #1.
4. Repeat the actions performed in #2 and return to the starting positions.



EXERCISE 9: Rotation Throw

CADENCE: Slow

STARTING POSITIONS: Arms to Thrust, holding the medicine ball in front of the abdomen. Partner stands five yards away, without the medicine ball, facing the exerciser.

MOVEMENT:

1. Step back diagonally with the left foot two to three feet to the rear holding the medicine ball to the side with your arms extended outward from the abdomen, then step up while throwing the medicine ball in a sideward motion to your partner's right side.
2. Partner catches the medicine ball and immediately repeats the actions performed by the exerciser in #1.
3. The exerciser catches the medicine ball and immediately repeats the actions performed in #1.
4. Repeat the actions performed in #2 and return to the starting positions.

Note: After completing the desired number of repetitions or time, perform steps 1-4, with the exerciser starting on the right side of the body for the desired number of repetitions or time.



EXERCISE 10: Chest Throw

CADENCE: Slow

STARTING POSITIONS: Arms to Thrust, holding the medicine ball at the abdomen, facing your partner. Partner stands in the same position, five yards away, without the medicine ball.

MOVEMENT:

1. Step forward with the left foot and extend the elbows to throw the medicine ball to your partner at chest height, then return to the starting position.
2. Partner catches the medicine ball, slightly bending his knees and elbows and immediately repeats the action performed by the exerciser in #1.
3. The exerciser catches the medicine ball and immediately repeats the actions performed in #1, stepping with the right foot.
4. Repeat the actions performed in #2, partner stepping with the right foot and return to the starting positions.



EXERCISE 11: Overhead Throw

CADENCE: Slow

STARTING POSITIONS: Arms Overhead, holding the medicine ball, facing your partner. Partner stands in the same position, five yards away, without the medicine ball.

MOVEMENT:

1. Step forward with the left foot and extend the elbows to throw the medicine ball one to two feet above your partner's head, then return to the starting position.
2. Partner catches the medicine ball, slightly bending his knees and elbows and immediately repeats the action performed by the exerciser in #1.
3. The exerciser catches the medicine ball and immediately repeats the action performed in #1, stepping with the right foot.
4. Repeat the actions performed in #2, partner stepping with the right foot and return to the starting positions.



EXERCISE 12: Push-up Throw

CADENCE: Slow

STARTING POSITIONS: Kneel with Arms to Thrust, holding the medicine ball, facing your partner. Partner kneels in the same position, five yards away, without the medicine ball.

MOVEMENT:

1. Perform a chest throw to your partner from the kneeling position, then immediately fall forward and perform a kneeling push-up.
2. Partner catches the medicine ball and immediately performs the same action as the exerciser in #1.
3. Repeat the actions performed in #1.
4. Repeat the actions performed in #2 and return to the starting positions.

