

MEDICINE BALL FOREHAND AND BACKHAND THROW – STRENGTH TRAINING

PURPOSE

- Improve lower body strength and power
- Improve core stability and dynamic balance

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	The player faces the coach (or another player) in athletic position.
Performing the Exercise	The coach tosses the ball out to player's left side.
	The player pivots the feet and steps out to the left while catching the ball.
	As the ball is being caught, the player should drop into a lunge position loading the legs and storing elastic energy.
	The player then tosses the ball back to the coach while using the legs and hips to assist in the toss.
Sets and Repetitions	A variation of this exercise is for the player to catch and throw the ball from the square and semi-open stances
	Repeat this exercise for 10-15 repetitions.
	Perform the entire exercise again to the right side.