

General Medball Routine (10-15mins)

W/up RAMP (Raise, Activate, Movement, Potentiate)

Each of these exercises can be used in a conditioning circuit too !

1. Round the world ... 8 each way (stretch up, bend knees and cut the grass)
2. Tic Tocs ...16 (8 each side, alternating, push the hips)
3. Wood Choppers (16 stretch up, reach between bent knees)
4. Good Mornings 8 (hands on ears, push elbows back, bend knees slightly then no more, bend from the hip)
5. Standing Russian Twists ... 16 (8 each side, arms straight, alternating, shoulder height to hip lock, pivot the toe)

Developing chain (pick suitable exercises).

- A) 8 slam downs (stretch up on top toes and throw the ball into the ground hard - be careful of bounce on first throw) - potentiate
- B) 8 superman's - space athletes, throws straight up, dive up after it, land and step away allowing the ball to bounce - Olympic Clean, extending through the hips.
- C) 8 bucket Throws - throw the ball from between bent knees and jump forwards following the ball. – sprint start
- D) Chest push ("W" behind with hands behind the ball or broken "W" for smaller hand/ bigger balls) – pushing for shot putt
- E) Overhead pull (Football throw) – pulling as in Javelin
- F) Overhead backwards throw (similar to Superman's but arch the back a to release up and back – Hip extension
- H) Heave from hip to opposite shoulder. – heaving as in hammer throws
- I) Rotational (fix the hips by kneeling on one knee and throw sideways – strengthen the core.

Suitable for all levels, ages and abilities.