



Lower Body Mobility And Stability: Half Kneeling Bounce Passes

Equipment:

3kg medicine ball.

Set-up:

Student will kneel on one knee with the knee furthest from target being the knee that is up in front. 5 paces away there will be a second student kneeling the same way with the knee furthest from the target being the knee that is up in front. Medicine ball will start with one of the students.

Description:

From a half kneeling position the students are playing bounce passes to one another without losing their balance. This activity will help develop balance and lower body stability.

Instructions:

Student will play a pass to their partner from their kneeling position. The pass must be bounced into the ground in the direction of the student that is 5 paces away. Passes are made back and forth between partners without losing balance from the kneeling position that they are in.

Scoring:

Students will score a 3 if every pass is on target without error. Each mistake (off target pass, losing balance) will cost student 1 stroke. Maximum score is a 6.

