



Balance: Skiers

Equipment:

Stability ball x 2

Set up:

N/A

Description:

Student tries to rotate the lower body on the stability ball while remaining balanced and without sliding off the ball. Upper body strength, balance and upper-lower body separation will be required.

Instructions:

Student rolls out on stability ball face down until ball is on their thighs. They will then bring knees onto their chest to create a tuck position. From here, the student will rotate their hips so that the ball is now under the outside of their right leg. (Knees should be pointing to the side). The student will then rotate back into the tuck position before rotating to the opposite side. They will then return back into the tuck position again. Continue this sequence for a duration of one minute.

Scoring:

The coach will make a judgment on the students' performance of the exercise and award a score ranging between a 3 and a 5 depending upon balance, technique, and number of errors.

