



## Throwing: Medicine Ball Smash

### Equipment:

3kg/4kg medicine ball.

### Set-up:

N/A

### Description:

This activity will help to develop lower body stability, core strength, and shoulder mobility. In this activity the student is trying to bounce the ball as hard as they can into the ground.

### Instructions:

The student will begin this exercise by raising the medicine ball over their head and using their body and arms to generate as much force as they can to bounce the ball into the ground. The higher the ball bounces, the more force has been generated. Warn students of danger if they do not do the following: bounce ball into ground and not out at an angle where ball will bounce away, keep head out of way when releasing ball to prevent it bouncing up at head. Coaches be close by and alert during this activity.

### Scoring:

The student that can bounce the ball highest will score a 3. Runner-up will score a 4, and all others in the group will score a 5.

