



Balance: Bosu Squats

Equipment:

Bosu, 2kg medicine ball.

Set-up:

Have the bosu upside down with the medicine ball set next to the bosu.

Description:

This activity will require the student to get balanced on the bosu before making a deep squat and returning to a standing position without falling from the bosu.

Instructions:

Student stands on the upside down bosu and is handed the medicine ball by the coach. The student then makes a deep squat with the medicine ball against their chest. When at the bottom of the squat, the student will extend the ball out in front of themselves then over their head before standing up. The student is aiming to make 10 consecutive squats.

Scoring:

If the student makes 10 consecutive squats without error then they score a 3.
If the student gets between 5-9 consecutive without error then they score a 4.
All other attempts will score a 5.

