



Rotation: Back To Back Passing

Equipment:

2kg medicine ball.

Set-up:

Two students will sit back to back with one of the students holding the 2kg medicine ball.

Description:

The students will be passing the ball to each other while sitting back to back, thus, having to rotate their torso. This activity will help improve upper-lower body separation, rotation, and pelvic stability.

Instructions:

The game will begin with the two students sitting back to back and the coach saying “go”. The two students pass the ball back and forth receiving a pass from the left and passing it back from the right. During this time the coach will not be watching until they call “stop”. The student with the ball in their hands loses that round. Repeat process to play again.

Scoring:

The student that wins the most games scores 3, runner-up scores 4, and all others score 5.

