



Balance: Leg Rolls

Equipment:

Stability ball

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 face-down on the stability ball until their body is supported by their knees resting in the ball and their arms propping them up on the ball. Student then twists their lower body to the side so that the outside of one leg is on the ball and the other leg is resting on top of that leg on the ball. Student then rotates back to starting position on the ball before rotating to the other side to have the other leg supporting them on the ball.

Scoring:

The coach will make a judgment on performance of the exercise and award a score between 3 and 5 based on control, balance and rotation of movement performed by students.

