



Throwing: Medicine Ball Kneeling Chest Pass

Equipment:

Marker tape, medicine ball 3kg.

Set-up:

Mark 2 lines 5 paces apart and place medicine ball at one of the lines.

Description:

Create more power & drive for your arms by doing kneeling chest passes. With a medicine ball, in a kneeling position, throw the ball to a partner. Isolating the exercise to your arms will increase your arm power.

Instructions:

The students will kneel behind their respective lines and throw chest passes back and forth. The key is to use the arms and upper body to generate force while using the lower body to stabilize. Students should be making sure that they do not lose balance while throwing the ball.

Scoring:

The coach will score the students performance based on form. If the student can perform the exercise repeatedly without a loss of form then a score of 3 will be awarded. If the student can do some with correct form but not them all, then a score of 4 will be awarded. If the student struggles with form completely, award a score of 5.

