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Medicine Ball Drill 1

EQUIPMENT

1x Soccer Medicine Ball.

MEASUREMENT

5 x 5 yards

CATEGORY

Strength Training

COACHING POINTS

- Maintaining a controlled motion, good technique and 100% effort throughout the drill is crucial.
- Do 3-5 sets x 15-25 repetitions of each variation depending on age and/or ability.

PROGRESSION

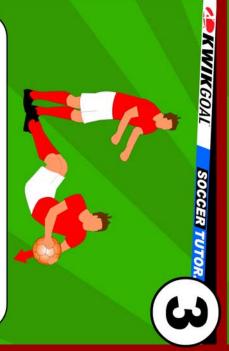
- 1. The Server throws the ball to the side of the player/keeper who must catch the ball at full stretch and immediately throw it back, the server then throws the ball to the opposite side...
- There are many variations to utilize the Soccer Medicine Ball, this is only limited to your imagination.



A LYING DOWN POSITION THE PLAYER SITS UP AND RETURNS THE THE SERVER GENTLY THROWS THE BALL TOWARDS THE CHEST. FROM THROW TO THE SERVER... REPEAT THE SEQUENCE... (FIGURE A & B)



VARIATION: SERVER THROWS THE BALL JUST ABOVE THE HEAD. THE PLAYER CAN EITHER RETURN THE THROW IMMEDIATELY OR TOUCH THE GROUND FIRST



VARIATION: SERVER THROWS THE BALL TOWARDS THE CHEST. THE PLAYER CATCHES, TWISTS TO THE LEFT AND TOUCHES THE GROUND THEN RETURNS TO SERVER... FOLLOW SAME PROCESS WITH TWIST TO THE RIGHT...