



## Ball Training: Integrating Purpose with Fun!

SAG 2008

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**Your Toolbox: (between you and a partner you will need:)**

- **BOSU Balance Trainer**
- **BOSU Ballast ball**
- **Soft Shelled Weighted Fit ball**
- **Tennis Ball**
- **Reaction Ball**

Movement Skills  
Coordination  
Balance  
Reaction Skills  
Agility  
Quickness  
Power  
Stability  
Reactivity  
Rotary Power  
Explosive Speed  
Eccentric Strength

**Training the Secondary Fitness Characteristics for real life and Sport Performance**

**Reaction Balls:** *(Movement Skills, coordination, reactivity and reaction skills)*

- 21's 2 people
- 21's 3 people with agility
- Partner Rolls

**Tennis Balls:** *(Movement Skills, coordination, reactivity and reaction skills)*

- Hand Eye
- Lunge to Catch
- Check Step
- Lateral Open Step to Catch
- 180° Jump to React

**Soft Shelled Weighted Fitballs** *(Movement Skills, Reactivity, Rotary Power,*

- Isometric hold with partner Pushes (activate the core)
- Fitball Drop to Reactionary Quickdrop (add in a push)
- Shoulder to Shoulder progress to Lateral Step
- Hip to Hip
- Hip to Hip with 90° Jump and Go
- Lunge to Single Arm Push
- Kneeling Over the Shoulder Rotary Throw
- Standing Over the Shoulder Rotary Throw Down (Self Pass)
- Back to Back No-No-Go

For more information visit:

[www.twistconditioning.com](http://www.twistconditioning.com)

[www.qpec.com.au](http://www.qpec.com.au)

**Ballast Ball** (*Movement Skills, balance, reactivity, coordination*)

- Kneeling Balance with Side to Side Shifts
- Kneeling balance with Clock face adjustments
- 2 Ballast Ball Kneeling Balance to Overhead Ballast Front Raise
- Fast Feet to Plank Kick Out (pair up with another group) (cue to go, lateral shuffle, Plank kick out and then fast feet, repeat.

**Bosu** (*Movement Skills, coordination, Reactivity, Power, Reaction skills*)

- Bosu Squats progress to eyes closed
- Quick Quick Stick (opp. add in Partner pushes)
- Fast Feet to Quick Drop on Cue
- T- Plyo with Fitball Catch on the dome.
- Partner Fitball Toss to Agility Catch

For more information visit: