

# COACH VEGAS

(702) 907-1942

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## SPORT METHOD TRAINING™ MEDICINE BALL PROGRAMS

Medicine ball exercises are utilized as plyometric core strengthening exercises for the upper body. The Medicine Ball Programs add resistance through a multi-directional movement to condition the trunk musculature and upper body. The muscles conditioned with these exercises are the same muscles used when throwing, hitting, fielding, or running.

These exercises can be done individually or with a partner. Each exercise should be performed in 2 sets of 10 moves. The throwing or tossing exercises should be performed explosively with maximal effort. Proper warm up should always be done before attempting the medicine ball exercises.

### **INDIVIDUAL MEDICINE BALL PROGRAM**

#### **1. Circle/Figure 8**

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball overhead.

*Movement:* Quickly move the ball with arms in large circular motion. Return to start to complete repetition. This move should be done in both directions.

*Optional Move* – This exercise can also be performed in a figure 8 motion.

#### **2. Good Morning**

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball behind head.

*Movement:* Bend forward at waist until stretch is felt in the back of legs (hamstrings). Keep back straight, allow slight bend in the knees during movement. Return to start position to complete repetition.

*Optional Move* – This exercise can also be performed in a single leg stance.

#### **3. Arc**

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball overhead.

*Movement:* Move ball with hands in an arc pattern to one side of the body until ball touches outside of leg. Return to start to complete repetition. Repeat on alternate side.

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## 4. Diagonal Overhead Toss

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball over top of one shoulder.

*Movement:* Forcefully throw ball diagonally across and in front of body as far as possible. Finish with arms and body over opposite side from start. Return to start to complete repetition.

## 5. Wood Chop

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball over top of one shoulder.

*Movement:* Quickly move ball without throwing it diagonally across and in front of body (like chopping wood). Finish holding ball over opposite side from start. Return to start to complete repetition. Repeat on alternate side.

## 6. Steal/Toss and Run

*Starting position:* Athletic stance with knees bent, feet slightly wider than shoulder width, bend forward slightly at waist, back flat, holding ball in front of body.

*Movement:* Turn hips and feet in one direction while simultaneously throwing ball in opposite direction (to simulate steal break). Finish movement with 10 yards sprint. Return to start to complete repetition. Repeat on alternate side.

## PARTNER MEDICINE BALL PROGRAM

### 1. Overhead/Soccer Toss

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball overhead.

*Movement:* Forcefully throw ball in front of body to partner. Return to start to complete repetition. Soccer toss is performed by taking a step forward when throwing.

### 2. Hitting Chest Pass

*Starting position:* Standing, feet slightly wider than shoulder width, holding ball in hands in front of chest.

*Movement:* First rotate hips and follow with upper body (simulating hitting motion). At end of movement throw ball from chest as far as possible. Return to start to complete repetition. Repeat on alternate side.

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### 3. Squat to Chest Pass

*Starting position:* Athletic stance with knees bent, feet slightly wider than shoulder width, bend forward slightly at waist, back flat, holding ball in front of body.

*Movement:* Squat down until thighs are parallel with floor, explosively jump and throw ball out in front of body as far as possible.

**PAIN/INJURY:** If you are unable to do the Medicine Ball Program exercises without lower back pain, you may find it helpful to begin by sitting in a chair while performing the exercises.