

Medicine Ball Drill 1

EQUIPMENT

1x Soccer Medicine Ball.

MEASUREMENT

5 x 5 yards

CATEGORY

Strength Training

COACHING POINTS

1. Maintaining a controlled motion, good technique and 100% effort throughout the drill is crucial.
2. 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...
2. There are many variations to utilize the Soccer Medicine Ball, this is only limited to your imagination.

1



A



B

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

2



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

3



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...