

## Speed and Agility (medicine ball)

### Transverse Reach



#### **Exercise Description:**

Transverse Reach

#### **Classification:**

Speed and Agility (medicine ball)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart. Hold medicine ball at waist.
- 2) Take right foot and step 2-3 feet out to the right side (or the 3 o'clock position). Lean torso forward and sit the right glute back. Reach ball down towards the right foot so that finger tips touch the floor. **DO NOT** allow lunging knee to extend past the big toe - may cause injury.
- 3) Pushing off lunging foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back in a neutral position. Reaching forward should be performed primarily at the hips and not the low back.
- 5) Watch for proper knee alignment - do not let lunging knee extend past big toe or deviate laterally or medially. Opposite leg should remain straight during lunging phase as shown.

### Explosive Start Throws



#### **Exercise Description:**

Explosive Start Throws

#### **Classification:**

Speed and Agility (medicine ball)

**Instructions:**

Stand with feet slightly wider than hip-width apart. Knees should be slightly bent.

Pick medicine ball up to chest level.

Quickly explode up and press the ball straight out as far and fast as you can.

As you press the ball forward explode with either leg so that you actually sprint forward a couple of steps.

**Frontal Reach****Exercise Description:**

Frontal Reach

**Classification:**

Speed and Agility (medicine ball)

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Hold medicine ball or dumbbell at waist.
- 2) Step laterally 2-3 feet with the heel striking first and lean torso forward. With both hands, reach down in front of you so that finger tips touch the floor. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off left foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders and hips should remain squared at all times.