

MEDICINE BALL SQUAT TOSS – STRENGTH TRAINING

PURPOSE

- Improve full body explosive power

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start in a standing position with the ball at waist level.
Performing the Exercise	Drop into a half squat position.
	Keeping the back straight, explosively jump and perform an underhand throw with both arms up into the air. The player should move from a triple flexed position (hips, knees, ankles) to a triple extended position (hips, knees, ankles).
	Land in a balanced position with the weight on the balls of the feet and the knees and hips slightly flexed.
	Let the ball bounce. Pick it up and repeat the movement.
Sets and Repetitions	Perform 1-3 sets of 6-12 repetitions.