

MEDICINE BALL POWER DROP – STRENGTH TRAINING

PURPOSE

- Improve upper body explosive power

EXERCISE TECHNIQUE



STEP	ACTION
Preparation	Start by laying on the back, knees bent, and feet on the floor. A coach (or another player) stands above your head holding a 3-5 kg medicine ball.
Performing the Exercise	Extend the arms upward (skyward) in preparation to catch the medicine ball. The coach drops the medicine ball towards your chest as you lay on the ground. Catch the ball with both hands and decelerate the ball as it moves toward your chest. Immediately reverse the direction of the ball by performing an explosive chest pass straight upwards, throwing the ball back to your coach. The coach (or partner) catches the ball and drops it back down to your chest.
Sets and Repetitions	Perform 1-3 sets of 6-12 repetitions