



Rotation: Back To Back Passing On Bosu

Equipment:

2kg medicine ball, Bosu x2.

Set-up:

Two students will be back to back with one of the students holding the 2kg medicine ball while standing on a bosu and the other student standing directly behind on another bosu.

Description:

The students will be passing the ball to each other while standing on bosu balls back to back, thus, having to rotate their torso and remain balanced. This activity will help improve upper-lower body separation, rotation, and pelvic stability.

Instructions:

The game will begin with the two students standing on bosu balls back to back and the coach saying “go”. The two students pass the ball back and forth receiving a pass from the left and passing it back from the right. During this time the coach will not be watching until they call “stop”. The student with the ball in their hands loses that round. Repeat process to play again. If a student falls from the bosu, they lose that round.

Scoring:

Student wins the most games will score 3, runner-up scores 4 and all others in group score 5.

