

Medicine Ball Core Exercises

The goal of any core exercise is to utilize the “core muscle” groups and work movement across planes of the body. As such, it should be emphasized that core muscles be used, and balance and control be maintained.

Overhead Core Throw



- Similar to a soccer throw in, this can be done with a partner or against a wall.
- De-emphasize the arm portion of the throw, and instruct the athlete to feel as if they are throwing with their abdominal muscles

Javelin Throw



- Start with the ball in front of the body and arms straight
- Keeping the arms as straight as possible, rotate it down and back while taking a step back with the foot on the same side
- Finish by using the abdominals to throw the ball and follow through with the back leg
- It will look like the finish of a javelin throw

Hammer Twist



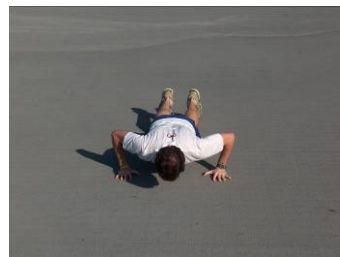
- Start by facing away from the partner or wall in a balanced position
- Bring the ball from a low position on one side of the body and finish by throwing from a high position on the opposite side
- Shift weight from one foot to the other through the throw

Hip Toss



- Stand close to a wall, and stand with a staggered stance
- Hold the ball on the hip of the back leg, and “twist” the ball into the wall

Kneeling Chest Pass



- Start in a kneeling position and chest pass the ball to a partner or against the wall
- Finish by falling forward to a modified push up position and pushing back to starting position

Around the World



- This will require a coach or partner to throw the ball
- Have athlete start in a kneeling position, then throw the ball to various positions around the body
- The movement consists of two parts, slowing the momentum of the ball coming at them, and then tossing it back
- Keep arms straight and twist the core to throw the ball

Forward Chest Throw



- Start in a crouched position, with two hands on the ball in front of the chest
- Explode upward, and release the ball at the highest point possible
- Explain that the power should be transferred from the feet through the fingertips

Forward Underhand Throw



- Start in a crouched position with two hand on the ball between the legs
- Explode upward, releasing the ball at the highest point possible

Backward Underhand Throw



- Start in the same crouched position
- Release the ball behind the body

Partner Twist



- Have two athletes stand back to back
- Pass the ball around as quickly as possible while maintaining control

Lying Chest Drop



- One athlete lies on their back with another standing at their head
- Drop the ball at the athletes chest
- The athlete should slow the ball and immediately chest pass it as explosively as possible

Sit Up Toss



- Start in the bottom sit up position
- Toss the ball over the head of the athlete
- Athlete should return the ball by sitting up and using an overhead throw

Rolling Sit Up Toss



- Similar to the sit up toss, but athlete will roll backward and throw the ball back upon rolling forward

V-Sit Toss



- Athlete should balance in a v-sit position, with their feet off the ground
- Chest pass the ball back and forth

V-Sit Toss – Right/Left



- Similar to v-sit toss, but ball is thrown to the right and left side of the athlete