MEDICINE BALL TRAINING

Warm-up:

Specific warm-up:

Another buildup to a warm-up peak:

Technique:

Acceleration sprints: i.e. 4x10 yards, 4x15 yards

_____x10 yards_____x15 yards_____x20 yards_____x25 yards_____x30 yard _____x35 yards_____x40 yards

Medicine Ball Exercises:

Training Objectives: (1) Endurance, (2) Strength, (3) Power programs, (4) Medicine balls, (5) Aquatics, (6) Core training, (7) General, (8) Rest

Cool down 7-14 minutes. The stretches used in the warm-up may also be used in the cool down: