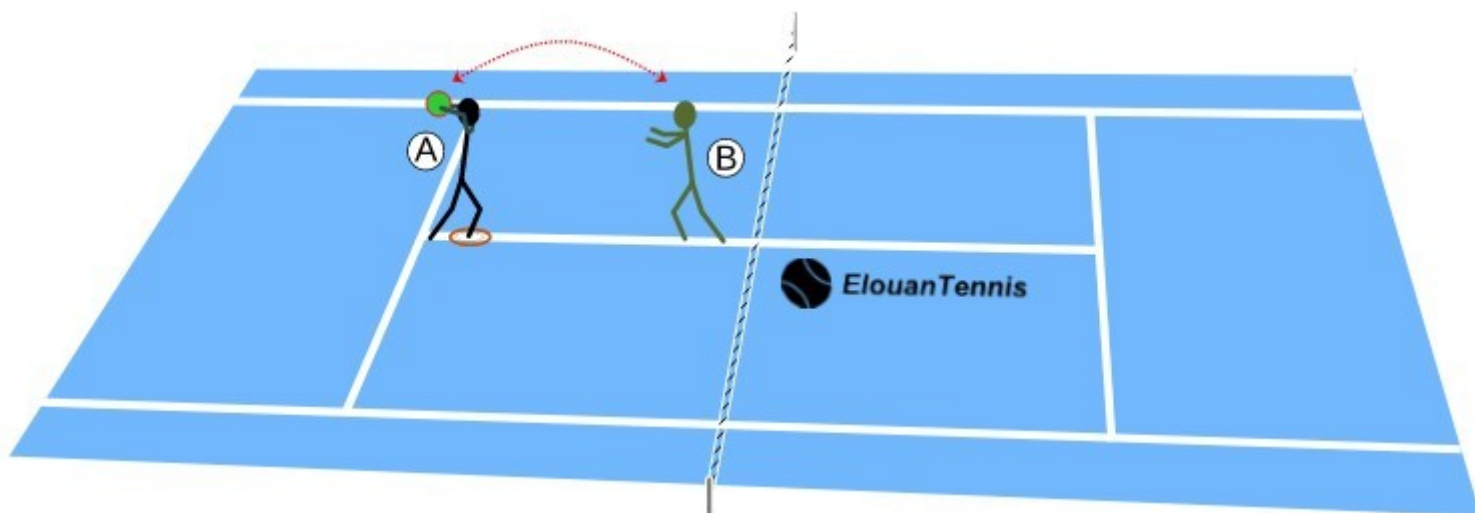


Warm-up with equipment – medicine ball projections

Category(s):	coordination, warming up
Level:	Yellow ball - beginner, Intermediate
Duration :	10 min
Materials:	medicine ball



Hi friends !

Today, we are going to see the medicine ball throwing exercise together. This exercise involves throwing a medicine ball to work different muscle groups, strengthen coordination and develop power.

Execution of the exercise:

- Player A stands facing partner B, at a distance of approximately 3 to 5 meters, one leg slightly shifted forward to maintain balance and gain support.
- Player A holds the medicine ball and throws it to B. B. catches the medicine ball and throws it.
- Both partners continue to throw the medicine ball at each other in a fluid and controlled manner.

NB: It is important to note that the ball must be thrown as when throwing a touchline ball in football. That is to say, gain momentum by bending your elbows and arms behind your neck and throwing the ball while extending your arms forward.

Once the movements are very fluid, you can finish the exercise with a side pass, still with both hands, but this time, we use the trunk and the hip to project the ball laterally.



Elouan Tennis Drill Maker (ETDM)
Software for creating & editing tennis exercises



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