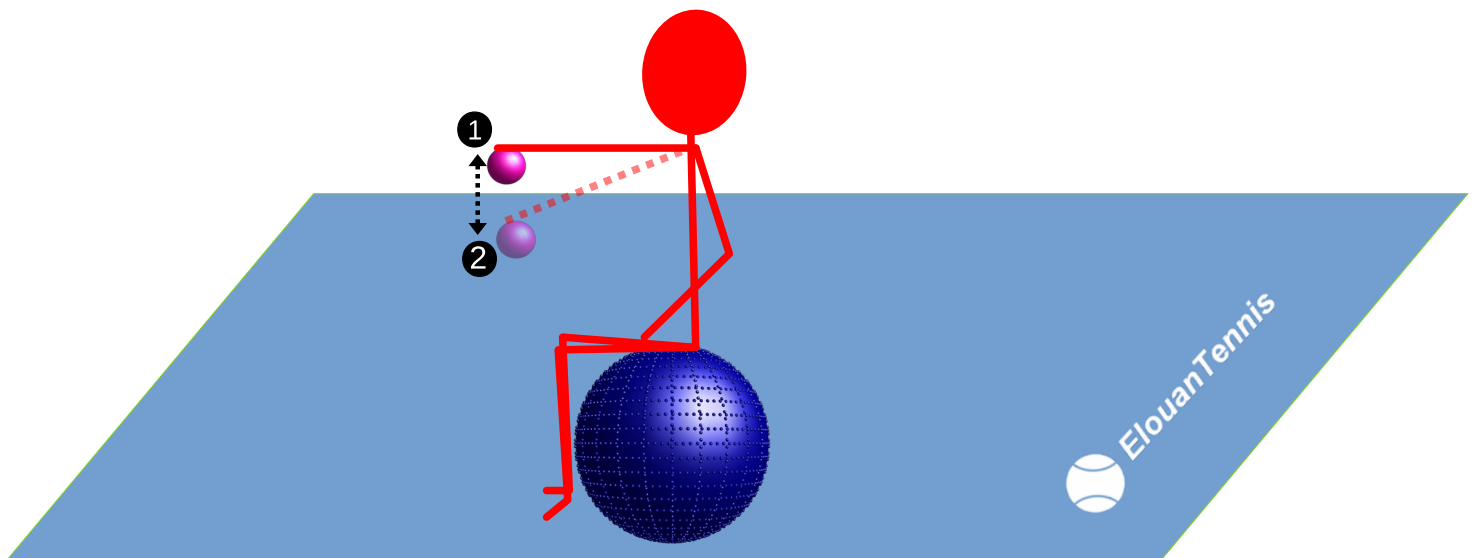


302 Physical exercise - Work the coordination and speed of the arms with a bullet

Category(s):	Physics
Level:	Yellow ball – beginner, Intermediate, advance
Duration :	30-40s
Materials:	Floor mat, gym ball, ball



Hi !

Today, we are working on the coordination and speed of the arms with a 500 gram ball.

We settle down comfortably, either on a chair or on a gym ball to add a little instability and activate the sheathing. We keep our back straight, your feet flat on the ground, and hold the ball in one hand,

Hand -stretched arm in front of the shoulders. The palm of the hand is oriented towards the ground, ready to release the ball.

Now we let go of the ball, dropping it straight ahead of you. Before it descends too low, it is quickly caught with the same hand, keeping the arm stretched as much as possible. Once you've caught up with the ball, we come back to the initial position and start again.

The movement must be fluid and fast. We repeat this gesture for 30 seconds, then change your hand to balance the work.

This is a good exercise to improve the coordination, strength and precision of the arms.



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



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