

BALANCE

EXERCISES

These are fun exercises to develop Balance

EXERCISE 1 COPY CAT

ORGANISATION

- The players copy the Coach who guides them through a series of pulse raising and mobilisation movements
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises

KEY POINTS

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session



EXERCISE 2 LEANING TOWER

ORGANISATION

- The players sway or lean in different directions while in a standing position
- Beginning with the feet comfortably apart, lean forward and then back; lean as far as possible while maintaining balance
- Then, lean to either side
- Raise the arms out to each side and stand on one leg, then the other
- Repeat the sequence with the eyes closed

KEY POINTS

- Place the feet comfortably apart
- Find the centre of balance by swaying from side to side and back and forward



EXERCISE 3 WALK LIKE AN ANIMAL

ORGANISATION

- The players mimic the movements of common animals such as the dog, the limping dog, the crab, the snake and the rabbit
- To further progress these exercises get the players to change from mimicking one animal to another on a signal or once they have reached a marker or cone
- Introduce animal relay races to further challenge the players

KEY POINTS

- Ensure the players have enough room to move around safely
- Change pathways to avoid other players
- No bumping



EXERCISE 4 ROLY-POLY

ORGANISATION

- Lying on their backs on the ground the players curl into a ball
- At first roll side to side, then roll forward and back

KEY POINTS

- Attempt to achieve a rhythm without losing balance



EXERCISE 5 WREST THE BALL

**ORGANISATION**

- Two players attempt to wrest a ball from each other; use a swiss ball or stability ball

KEY POINTS

- Ensure that there are safety mats in place and that the players are suitably matched
- Place the feet wide apart with one foot in front of the other to provide a strong base

EXERCISE 6 THE PARCEL

**ORGANISATION**

- One player lies on the ground holding a ball while curled up as tight as possible
- A second player must attempt to wrest each limb of the player from around the ball one by one until they can take the ball from their possession
- Once a limb has been wrested away, the player holding the ball cannot move it back to protect the ball

KEY POINTS

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should place the feet wide apart with one foot in front of the other to provide a strong base

EXERCISE 7 THE POSTAGE STAMP

**ORGANISATION**

- One player lies on their back pretending to be stuck to the ground
- A second player attempts to wrest each limb of the player from the ground one by one; the first player resists
- Once a limb has been lifted from the ground the player cannot replace it
- Once all limbs are lifted switch roles

KEY POINTS

- Ensure that there is no rough handling and that the players are suitably matched
- The wresting player should place the feet wide apart with one foot in front of the other to provide a strong base

EXERCISE 8 WALK THE LINE

**ORGANISATION**

- The players walk along a line or strip of tape or flat marker on the floor
- Challenge them to turn fully around in the middle
- Then challenge them to complete the task with their eyes closed

KEY POINTS

- Stand upright
- Raise the arms to the sides to help maintain balance