

These are fun exercises to develop Balance

EXERCISE 1 SQUAT BALANCE

ORGANISATION

- The players raise their hands out to the front and squat down by bending their knees
- Raise the hands above the head and stand up on the toes
- Repeat the sequence with their eyes closed

KEY POINTS

- Lean slightly forward but keep the head up
- Do not bend the knees beyond 90 degrees



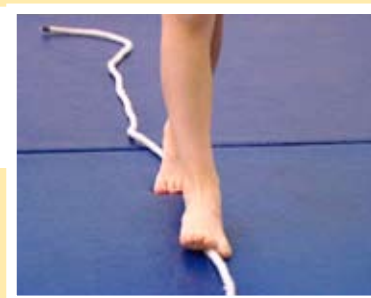
EXERCISE 2 TIGHT ROPE

ORGANISATION

- The players walk a rope placed along the floor
- Challenge them to walk the rope backwards or sideways
- Further challenge them to complete the task with their eyes closed

KEY POINTS

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



EXERCISE 3 BODY BALANCE II

ORGANISATION

- Sitting on the ground the players raise their hips to balance on their hands and feet
- Raise each leg alternatively off the ground
- Then challenge them to raise both feet momentarily

KEY POINTS

- Make each movement at a slow steady pace



EXERCISE 4 ON THE NUMBER

ORGANISATION

- Use a numbered mat or mark out sections on the floor
- The Coach or another player calls moves for the player on the mat, e.g. left hand to number 4
- Include hopping, jumping and moving the hands and legs individually and in combination

KEY POINTS

- Visualise the move before completing it



EXERCISE 5 WOBBLE AND BALANCE

**ORGANISATION**

- Use an unstable object like a wobble board or cushion
- To begin the players stand still on the board for as long as possible
- Then move through a variety of balance positions while remaining on the wobble board
- Close the eyes to increase the difficulty
- Use two or more wobble boards; get the players to balance using different combinations of arms and legs, or to move from kneeling or ground positions into standing positions

KEY POINTS

- Keep the upper body tall
- Raise the arms to the sides to help maintain balance

EXERCISE 6 SIT AND BALANCE

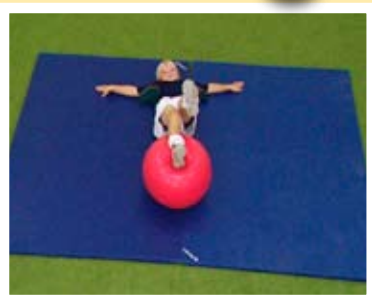
**ORGANISATION**

- The player sits on a stability ball or swiss ball and moves through a series of balance positions
- Begin by sitting on the ball and raising the arms out to the side
- Walk the feet forward and lie back on the ball; walk the feet back and attempt to place the hands on the ground behind the head
- Now sit on the ball with the feet together
- Lift both feet off the ground and balance on the ball without using the hands
- To vary this exercise kneel and balance on the ball

KEY POINTS

- Ensure that there are safety mats in place
- Tighten the stomach muscles

EXERCISE 7 BELLY UP

**ORGANISATION**

- The player lies on their back with their feet on the stability ball
- Raise one foot and then the other
- Lift the hips off the ground

KEY POINTS

- Ensure that there are safety mats in place
- Tighten the stomach muscles

EXERCISE 8 STABILITY BALL PRESS UP

**ORGANISATION**

- Lying on a stability ball the player walks forward to place their hands on the ground
- Continue forward until the lower legs are resting on the ball
- Challenge the players to do a press up

KEY POINTS

- Ensure that there are safety mats in place
- Tighten the stomach muscles