

Catchy Balance

Fundamentals

Primary component: balance
Additional component(s): throwing, catching

Description

Use a progression of balance exercise positions on the gym ball. Find the appropriate position (challenging, but manageable) for each individual and count how many ball passes the team can do while remaining in these positions.



Equipment/location required

Ocean or beach location, gym balls, a ball.

Diagram 2. Gym ball balance progressions.



Coaching Points

-  Keep the centre of gravity over the balance point.
-  Any individual may require the ball to be supported by the coach's knees or the building of a sand mound around the ball for additional support.

Variations:

1. Control movements of the gym ball side to side, back and forwards or with bouncing.
2. Practice stroke drills while balancing in position.
3. Have a partner add slight pressure to the individuals shoulders in varied directions.
4. Play musical statues in the selected positions, bouncing while the music is played, but holding the position on pauses.
5. Exchange the ball for a racing ski paddle.
6. Undertake the exercise on craft in the ocean or whilst standing on one leg in the surf area.