

# Strength Circuit

## Fundamentals

Primary component: Strength  
Additional component/s: Co-ordination, catching, agility

## Description

Each of the exercises should be performed for 10 repetitions with 30 seconds - 2mins recovery. The circuit should be repeated 2-4 times.

## Equipment/location required

Beach location, medicine balls, gym balls, straws, tissue paper, rope, bean bags, hoop

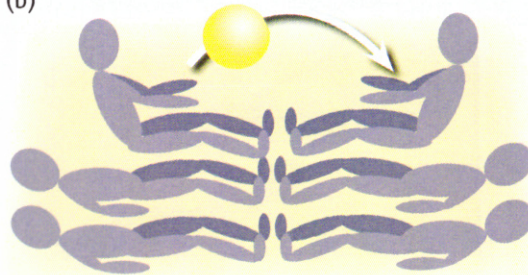
**Diagram 8.** Strength exercises

(a)



**Gym ball leg pass** – the aim is for the team to pass 10 gym balls (or the same gym ball ten times) from one end of the line to the other, in a controlled fashion, without the gym ball or anyone's feet touching the ground at any point. Individuals must only use their feet to assist the ball on its way.

(b)



**Sit up ball pass** – the aim of this exercise is for the medicine ball to be passed between every individual 10 times. Individuals must link feet with bent knees. As the ball is caught the individual must return to lying position and then perform a sit up to pass to the ball to the next individual.