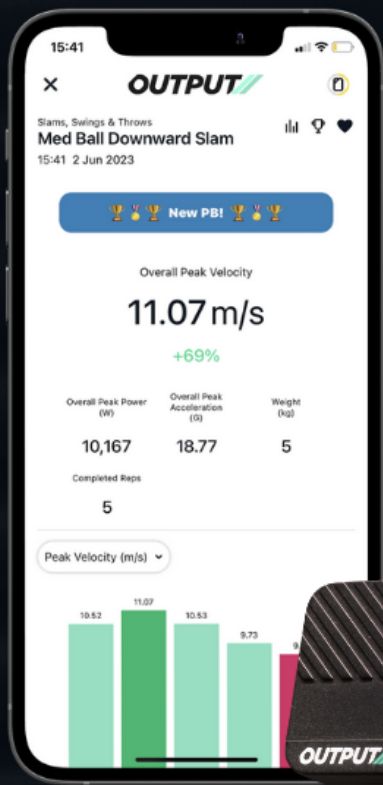


GUIDE TO MEDICINE BALL TRAINING



Boost power, strength & fitness:

Discover the **benefits** of medicine ball (MB) training for athletic development.



Medicine ball circuits:




MB exercises are commonly used in **circuit training** for general strength and fitness development.



They are versatile and can be used for **energy system development** and improving overall strength.

Explosive power:

Explosive MB training sessions involve throws for maximum distance or height. These throws are often measured, providing instant feedback for the athlete and a useful monitoring modality for the coach to gauge for physical readiness and progress throughout a training programme.



 **8.8m/s**
OVERALL PEAK VELOCITY

Sport-specific movements:

Using medicine balls is a simple way to **overload sport specific movements**, light load ensures mechanics/speed of the movement pattern are similar, while heavier loads are used to overload the target tissue and neural pathway.

Youth development:

MB training is a **safe and effective** way to introduce external load to youth and development athletes. The gross movement patterns employed in MB circuits need **little to no technical feedback** and allow fun and movement freedom during this critical period of development.

