



ELITE PERFORMANCE SERIES

# Strength & Power Training



## Standing Medicine Ball Toss

### Purpose:

- Exercise for explosive strength and movement speed development

### Start/Finish Position:

- Athlete stance with medicine ball in hands
- High ceiling is needed

**YES**

**NO**



### Phase I:

- Flex knees and hips and lower medicine ball between legs



### Phase II:

- Extend lower-body explosively
- Use the entire body and throw the ball at a 45 degree angle for maximum distance
- The distance is measured and recorded for further sessions or testing



### Variations:

- Kneeling vertical medicine ball toss
- Standing forward medicine ball toss