

Players Medicine ball / Bodyweight session

Warm-up

Squats
3 directional lunges
Single leg balance eyes closed

Station 1
M.B. push- ups
Sit-up pass
Rotation push- ups
Push ups feet on M.B.

Station 2
Squat jumps
Half twist pass
Kneeling M.B. throw
Overhead squat

Station 3
Step- ups
Russian twists
M.B. drop and throw
M.B. exchange

Station 4
Lunge chest pass
Lunge rotations
Superman
Lateral lunge with ball push

Station 5
Overhead throw
Slam downs
Aeroplanes
Chest throws off wall