

**DATE OF SESSION:** 

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Gillette



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## MED BALL CHEST THROW

## DIRECTIONS

- Stand with feet shoulder-width apart and hands behind the ball.
- Pull the ball towards your chest and lower your hips into a slight squat position.
- Rapidly straighten your hips and knees and extend your elbows to push ball away from body.
- Do not cross line.



	STARTING POSITION					
	Feet flat on ground shoulder-width apart with hands behind ball			Feet uneven, not flat and hands at side of ball		1 Com
	5	4	3	2	1	×
	PREPARATION LOWER BODY					
	Knees bend to near parallel			Little knee bend		
	5	4	3	2	1	×
	PREPARATION UPPER BODY					
	Back is straight with chest up and elbows out			Chest tips forward to face ground, elbows down		
	5	4	3	2	1	×
J.	COORDINATION AND DRIVE					2
	Rapid coordinated drive of legs and arms			Slow drive with arms pushing before legs		
-7	5	4	3	2	1	×
r	RELEASE					2
	Release is powerful and at 40 degrees			Release is slow and too low or high		
	5	4	3	2	1	×