

Creative Medicine Ball Throw

Longest possible throw starting with feet planted using throwing motion of choice

Equipment Needed

- Medicine Ball
- Tape Measure
- Secure a tape measure to a start line and extend out perpendicular (approx. 40 feet).
- Use a 4Kg med ball for Level 2, 6Kg med ball for Level 3, and 8Kg med ball for level 4
- Tester is positioned at an appropriate distance out from the start line to spot the throws and determine distance thrown
- 2 Coaches per station – 1 watching the line and recording, 1 measuring the throw

Description

- Athlete starts in a 2-point stance of their choosing with both hands holding the med ball behind the start line (toes/heel at line)
- Feet must stay planted on countermovement and throw initiation
- Throwing motion is at the discretion of athlete
- Once the ball is released, feet can cross the line
- Distance ball travels in the air is marked and recorded
- Complete two throws
- For both attempts the athlete can choose any throwing motion

Repetitions and Scoring

- Distance is scored in feet (always round down to the nearest foot)

*Example: Athlete throws 8'11",
score is 8'*

DQ/Penalty

- Failure to keep feet planted prior to release of ball

