



## Balance Training

*Following every team practice, take a few minutes to have your team work on balance. Choose 1-2 of the following exercises to have your team do. Balance training will help your athletes improve their overall movement and allow them to be more in control of the movements they are doing. Balance training will also help increase overall core strength and better muscle tone and function.*

***Encourage your athletes to do balance training on their own at home 2-3 days a week. Remind your athletes that doing balance training will help decrease the chances of injury and help them improve overall movement in not only their sport but in day to day life.***



### Single Leg Balance

- Stand on one leg with your arms out to the side
- Try to do this without holding on to another object or a person
- However, if you are new to this, stand close to something you can brace yourself on, use the object to steady yourself when needed
- Beginners aim for 10-15 seconds
- Non-Beginners aim for 30-45 seconds
- Repeat on the opposite leg
- Aim to repeat for a total of 2-3 times



### Forward and Backward Leg Swings

- Standing on one leg, in open space, swing your leg back and forth
- If you are new to this, find an object or partner to lightly place your hand on to assist in balance
- Swing your leg back and forth 10 times
- Then repeat on the opposite side
- As you advance with this drill, add 2-5 swings every time
- Aim to repeat for a total of 2-3 times on each side





### Lateral Leg Swings

- Standing on one leg, in open space, swing your leg to the right and to the left going across the front of your body
- If you are new to this, find an object or partner to lightly place your hand on to assist in balance
- Swing your right and left 10 times
- Then repeat on the opposite side
- As you advance with this drill, add 2-5 swings every time
- Aim to repeat for a total of 2-3 times on each side



### Walk the Line (Tight Rope Walking)

- Find a line on the field or the court you are practicing on (or a line in the floor)
- Walk the line for 10-20 steps (increasing the number of steps as you advance in the drill)
- While walking the line try to not lose your balance and stay on the line the entire time
- To help with balance, stick your arms out to the side and focus on a point while you are walking
- Repeat walking back to the location you came from



### Team Challenges/Games

**Flamingo Stand:** who can balance on one leg the longest

*Reward the winner with a healthy snack or a yummy sports drink*

**Freeze Tag:** when the “it” person tags a “non-it” person they need to stop and balance on one leg. They people frozen can be unfrozen if a “non-it” person tags them. Make sure to dedicate the zone where the game will be played.