

## Boundary Throw Activations

Need a 20m area where you can run out and back. Have Football and Medicine ball at one end. After each perform out and back at jog pace.

1. Football from opposite foot high above opposite shoulder – do 3 on both sides - jog
2. Hold footy at arms length and perform lunge then rotate ball at arms length from one side to the next, change legs \* 3 – jog
3. 5 reps squat down and throw footy directly up in the ear catch and repeat – jog
4. 5 reps of 25% throw – turn and grab ball jog to end and return
5. 5 Medicine ball slams with deep knee bend (training night not game day)

