

## **VTAHPERD Balance, Strength, and Coordination Drills**

All progressions move from two feet to one foot. NEED 10 TENNIS BALLS

### Introduction Moves

1. 2 legged stance, eyes closed.
2. 1 legged stance, eyes closed.
3. Walk the court lines forwards and backwards.

### Beginner Moves

#### **Tennis balls**

1. 2 legged, 2 handed ball toss (all with partner).
2. 1 legged, 2 handed ball toss.
3. 2 legged, 1 handed ball toss.
4. 1 legged, 1 handed ball toss

### Intermediate Moves

#### Tennis balls

1. all dominant hand throws
2. all non-dominant hand throws
3. dominant hand dominant leg
4. dominant hand, non-dominant leg
5. non-dominant hand, dominant leg
6. non-dominant hand, non-dominant leg

### Advance Moves

Soccer balls, tennis balls, masking tape. Introduce and identify dominant eye

1. Dominant eye, dominant arm
2. Dominant eye, non-dominant arm
3. Non-dominant eye, dominant arm
4. Non-dominant eye, non-dominant arm

TRUST CATCHES (vary the type of throw)

1. Start eyes closed, open on command.
2. Start eyes closed, open of feel of ball.

### Strength, Balance and Coordination

Need cones and tennis balls. Can be set up with 3 or 6 cones.

1. Right hand, right cone.
2. Right hand front cone.
3. Left hand left cone.
4. Left hand, front cone.
5. Right hand, right back cone.
6. Left hand, left back cone.
7. Right hand, left cone,
8. Left hand, right cone, etc. etc. etc.

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