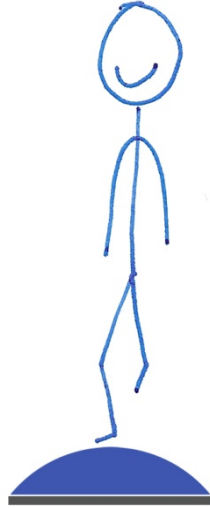


# Balance Stations

## STABILITY

### 1 SINGLE-LEG BALANCING



#### Instructions:

- Place one foot in the centre of a BOSU
- Use the toe of the second foot to help steady yourself
- Remove the second foot and balance on the BOSU with one leg
- Keep balance by adjusting the ankle
- Get back on immediately after falling over

#### Volume:

- Stand on the BOSU as long as possible
- 60 sec. → *Build up to 90 sec.*
- Repeat 3x on each foot

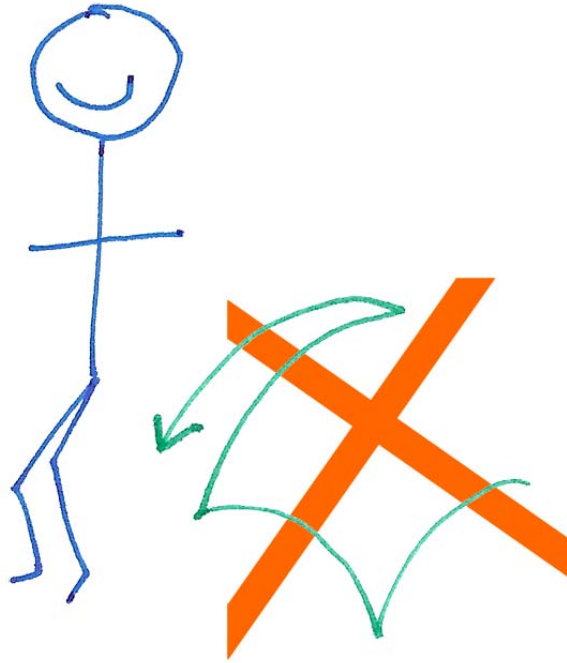
#### Points of Emphasis:

- Remain relaxed; keep hands by the side

# Balance Stations

## STABILITY

### 2 TWO-FOOT JUMPS



#### Instructions:

- Place an "X" on the floor with tape
- Stand in one quadrant of the "X"
- Make two-foot jumps forwards, backwards, and side to side; do not follow a set pattern

#### Volume:

- 30 sec. → *Build up to 60 sec.*
- Repeat 3x → *Build up to 5x*
- *Advanced:* Twist/Pivot on one foot to develop transverse quickness

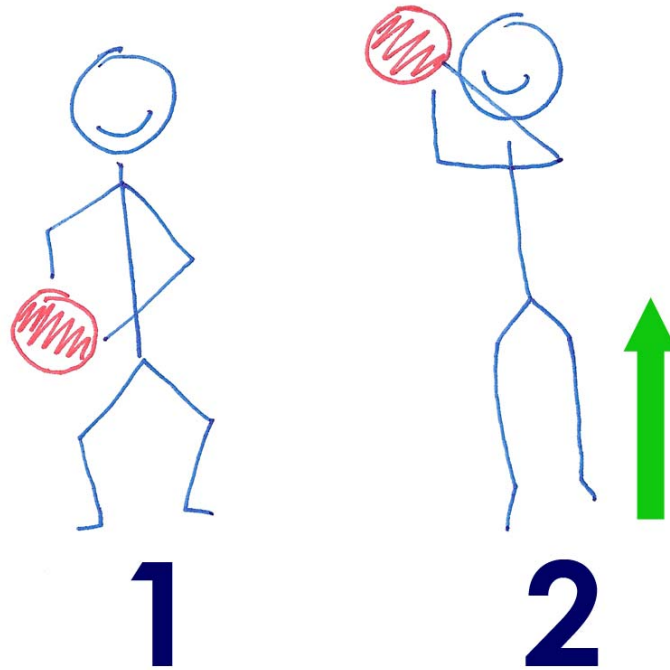
#### Points of Emphasis:

- Keep knees bent and bounce across the "X"
- Stay moving

# Balance Stations

## STABILITY

### 3 CALF RAISES



#### Instructions:

- Assume a balanced position: knees bent, feet shoulder-width apart, standing on the balls of the feet
  - Hold a power ball in the shooting pocket
  - Look up and keep back straight
- Inhale and begin the shooting motion
  - Finish on the tips of toes with the ball overhead
- Exhale and lower yourself

#### Volume:

- 3 sets x 8 reps → *Build up 3 sets x 12 reps*

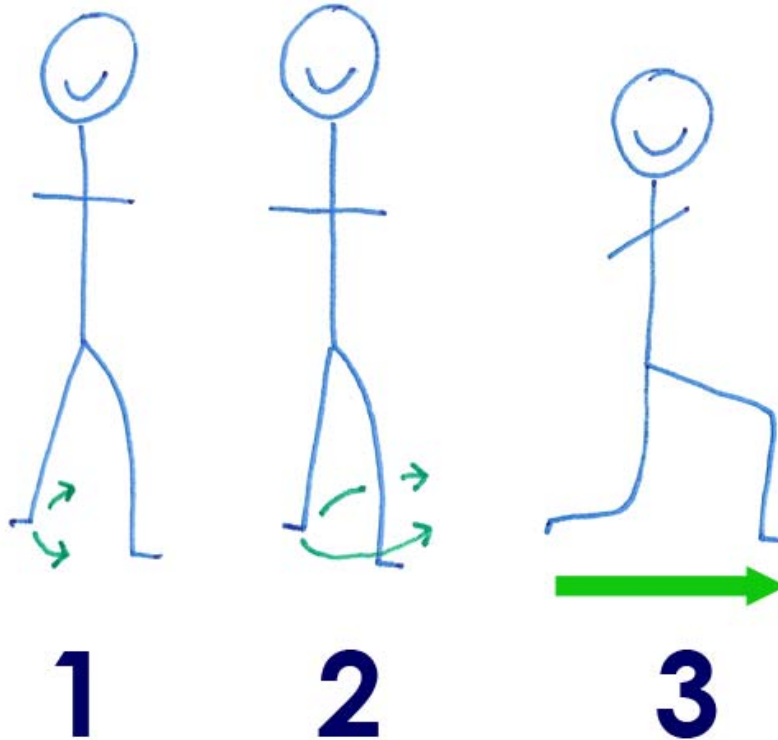
#### Points of Emphasis:

- Stay under control; do not jump off the ground

# Balance Stations

## STABILITY

### 4 ANKLE SWINGS



#### Instructions:

- Stand on the ball of one foot
- Lift the other leg and slowly swing the ankle from side to side
- Gradually increase the size of the motion and swing the foot in front and behind the standing leg
- Repeat with the other foot

#### Volume:

- 30 sec. → Build up to 60 sec.
- Repeat 3x → Build up to 5x
- *Advanced*: Expand the motion into a complete lunge

#### Points of Emphasis:

- Slowly but surely swing the ankle tendons