

X Factor

Med Ball

Cycle A

(Acceleration & Quickness)

- 1 Falling Chest Pass ®
- 2 Underhand Forward Pass
- 3 Overhead Backward Throw ®

Cycle B

- 1 Chest Pass
- 2 Same Side Rotational Throws
- 3 Russian Twist
- 4 Overhead Throw
- 5 Squat & Underhand Throw for Height
- 6 Sit-Up & Throw

Cycle C

- 1 Chest Pass & Shuffle
- 2 Kneeling Rotational Throws
- 3 Squat & Throw for Height
- 4 Push-Up Shuffle
- 5 Woodchopper
- 6 Alternating Side Rotational Throws

Partner Med Ball

45sec-1min then 1 min rest

- 1 Woodchopper
- 2 Standing Russian Twist
- 3 Medball Pass
- 4 Bounce Pass
- 5 Kneeling Bounce Pass
- 6 Kneeling Woodchopper Bounce Pass
- 7 Standing Woodchopper Bounce Pass
- 8 Diagonal Wall Pass

Mat Push

- 1 45 Degree Lean
- 2 Block Start

Wickets

- 1 Straight Run
- 2 Hands Up
- 3 Pistol
- 4 Hug

X Plyos

- 1 Russian Lunge
- 2 Assisted Plyo
- 3 Assisted Plyo (Lateral)
- 4 Toe Pops for Height
- 5 Toe Pops for Distance
- 6 Bounds- stick the landing
- 7 Booms
- 8 Boom-Boom-Boom

Acceleration & Quickness

Inside

ed Ba dynamax

chest pass and shuffle

same side rotational throws catch partner woodchop

Medball Partner Exercises

under and overs

Overhead Backwards

Sets/Reps

3-5 x 4-6

alternating side rotational throws (russia twists standing

overhead throw

medball passes

half kneeling rotational throws

floor passes

sit up and throw

kneeling floor pass

Fall Med Ball Chest Pass

Sets/Reps

3-5 x 4-6

squat and throw high

kneeling woodchop pass to side

partner russian twist

standing woodchop pass

underhand throw for height

diagonal wall passes

Underhand Forward

Sets/Reps

3-5 x 4-6

med ball slam

med ball slam berpee

rainbow slams

push and shuffle

push up and pass

abc plank

Russian twists

wood choppers

rainbow split squat jump

Boom Booms