

Ball Feeling Exercises

Emphasis: Ball familiarity, balance, mobility

Left foot/Right Foot: 10 reps per exercise per side

1. Push/Pull (laces/sole)
2. Rear Push/Pull (laces/sole, slightly behind the body)
3. Roll the Ball Forward and Backward Using the Sole of the Foot: (Advanced: Do while hopping on the standing leg.)
4. Sole roll/inside push (catch ball on inside of big toe)
5. Sole roll/outside push (catch ball on pinky toe)
6. Inside, Outside Foot Roll: With the inside of the foot touching the ball and the sole of the foot on the ground, roll the inside of the foot over the ball, to the outside of the foot until the sole of the foot re-touches the ground.
7. Solars (clockwise and counter-clockwise, using forefoot/toe for manipulation)
8. Sole Tap-arounds (tap ball around standing leg as quickly as possible)
9. Sole roll stop (roll ball across front of body to other side, stop with sole of other foot)
10. Sole roll catch (roll ball across front of body to other side, catch with inside of other foot)

~13 min

Ball Mastery Exercises

Emphasis: Ball manipulation, coordination, agility, confidence with foot speed

Two-footed combinations: 10 reps per exercise

1. Happy Feet stationary (try to look up and side to side often; advanced: check shoulder)
2. Happy Feet forward (try to look up and side to side often; advanced: check shoulder)
3. Happy Feet backwards (try to look up and side to side often; advanced: check shoulder)
4. Happy Feet left (try to look up and side to side often; advanced: check shoulder)
5. Happy Feet right (try to look up and side to side often; advanced: check shoulder)
6. Happy Feet V (Happy Feet on angle R, pull across body, push w/L, repeat on other side)
7. Bells (Happy Feet, push diagonal, pullback w/other)
8. Outside, outside, inside (R) moving forwards 10 yds. Outside, inside (R) returning
9. Outside, outside, inside (L) moving forwards 10 yds. Outside, inside (L) returning
10. Drag, drag, scissor (same foot), push away (outside other foot), repeat on other side

~10 min

~25 min total

