

Ball Passes



1a



2a



2b

- Stand back to back with a partner who is about the same size as you, keeping your feet about shoulder width apart
- Pass a basketball or medicine ball to your partner by twisting at the waist, handing the ball to your partner (See picture 1)
- It helps to pass the ball with your hands on the side of the ball, and receive the ball with your hands on top and bottom of the ball to prevent dropping the ball
- Variations for this can include passing the ball over the head and between the legs, as well as passing over the shoulder and below hip height (See pictures 2a and 2b)
- Make sure you pass the ball in both directions. Repeat each pass for up to 2 minutes each direction
- It is recommended that children spend at least an hour of activity every day. It is also recommended that children do not spend more than an hour at a time sitting (watching tv, etc.)

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
