

## THE MED BALL CHALLENGE

The Med Ball Challenge is a fun-filled selection of Medicine Ball throws aimed at proving a well-rounded experience of throwing, heaving and launching for all age groups and all stages of development.

### Format and Safety

- All throws are two-handed from a stable standing position (no strides or run up)
- All throws are easy to judge, measure and record
- The Med Ball Challenge contains easy-to-calculate scoring and awards tables
- The Med Ball Challenge encourages the introduction and use of safety zones and safe practices
- the Med Ball Challenge utilises and encourages cooperation, leadership and team development.

The BENEFITS to using the MED BALL CHALLENGE as part of comprehensive physical education or sport programs relate to postural stability, power development, balance, mobility of the spine and limbs, and accuracy in addition to learning the mechanics of throwing from the ground up.

### Frequently asked questions

*What is the best weight of medicine ball to use?*

There are suggested weights used for different age groups in order to provide an optimal and safe application of the throws. (see Scoring Tables)

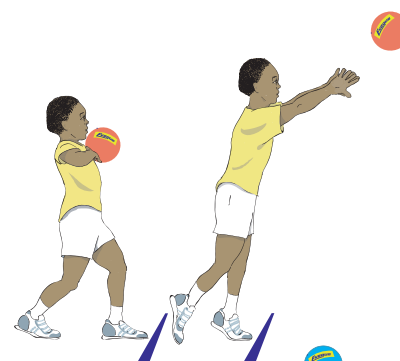
*Can anyone use Medicine Balls?*

Almost everyone can benefit from medicine ball exercises. For the Med Ball Challenge it is recommended that those eight years old and younger use a soccer ball.

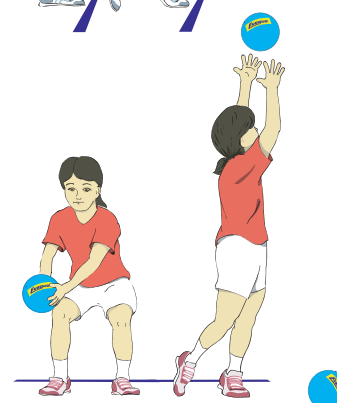
*Are the Med Ball throws just for throwers?*

No! Medicine Balls can be a complement to fitness and sport development regardless of the specialty the child prefers.

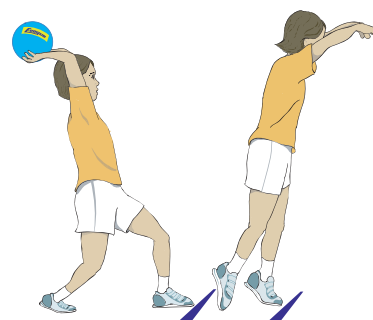
PUSH



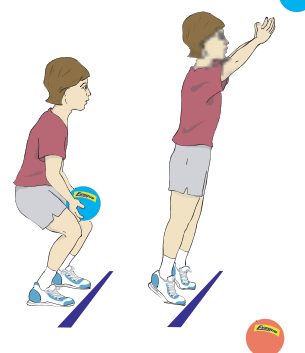
FLING



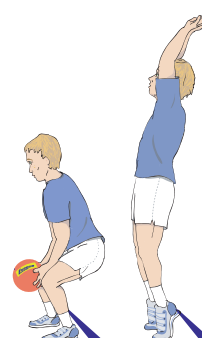
THROW



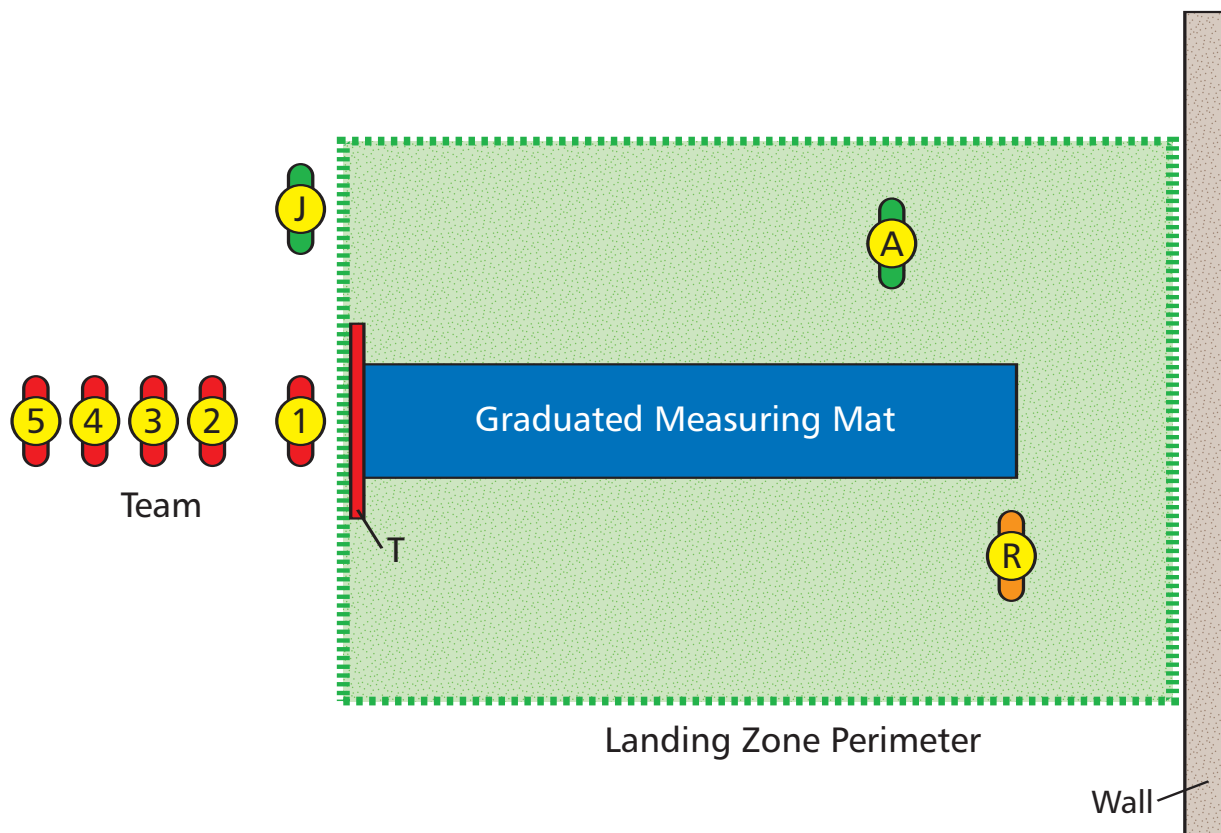
PITCH



HEAVE



## THE MED BALL CHALLENGE - TYPICAL SET UP



TEAM = Team Members line up behind the thrower (1), staying clear of the throwing zone. After the ball has landed the thrower proceeds to the back of the line so that each thrower receives three throws in sequence

T = Throwing Line (defined by cones). The Thrower starts behind this line, and the Graduated Measuring Mat is aligned (0 metres) with the line.

J = Head Judge, who stands to the side of the Throwing Line, calls the throwing order, ensures safe correct technique, and records performances

A = Assistant Judge, who registers the landing point, calculates the distance thrown and communicates with the Head Judge

R = Retrieval Judge, who retrieves and returns the ball to the next in line. The ball is either run or rolled, never thrown. R may also be an Assistant.

■■■■■■■■ Landing Zone Perimeter - a marked area (cones/lines) allowing only judges - all others walk around or stand behind the throwing line

■■■■■■ Graduated Measuring Mat is used as a reference for the thrower and calculation of distance thrown to the nearest .25 metre

WALL - throwing towards a wall (especially indoors) introduces a measure of effectiveness (easy retrieval) and safety (reduced collisions with loose ball)

## THE MED BALL CHALLENGE - INSTRUCTORS CARD

### Description

The Med Ball Challenge is the first of the Specialist Challenges. This simple set of five tests develop:  
***Arm Strength, Leg Strength and Raw Power***

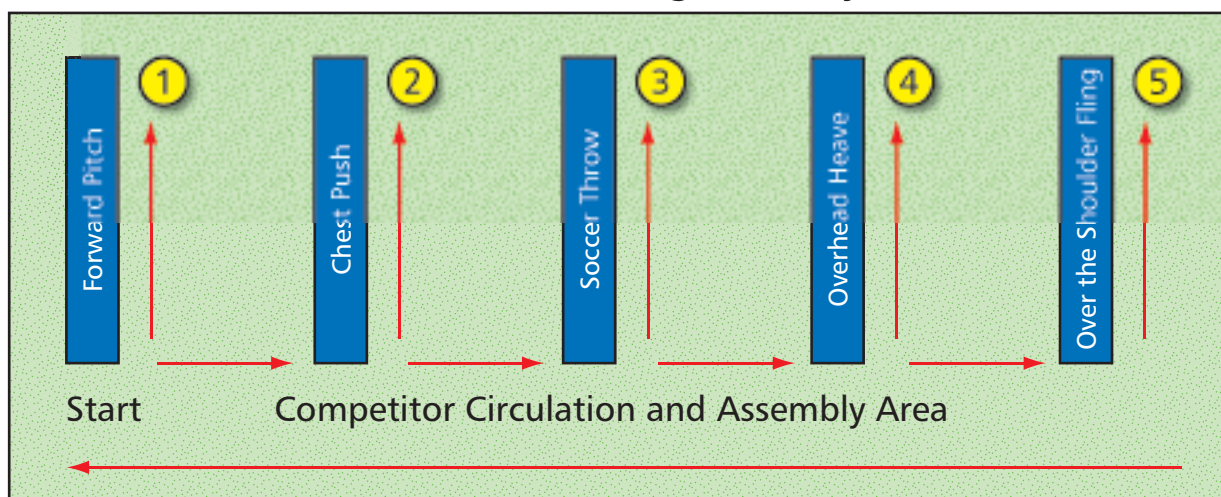
for the basic skills associated with the traditional throwing events. They can be of great benefit in preparation for a wide range of sporting activities.

The five tests include:-

- |                   |                   |
|-------------------|-------------------|
| 1. Forward Pitch  | (Lift)            |
| 2. Chest Push     | (Push)            |
| 3. Soccer Throw   | (Pull)            |
| 4. Overhead Heave | (Heave) (Reverse) |
| 5. Shoulder Fling | (Fling) (Reverse) |

Should there be a requirement to cater for large numbers in a single session then a flow system can be utilised as shown below.

### The Med Ball Challenge Flow System



### Safety:

- Always direct the throwing away from the competitor circulation and assembly area.
- Allow for sufficient space between each of the separate throwing areas.
- Because heavy balls are being thrown only permit throwing when there is adequate supervision.

### Equipment

Check the sizes of medicine balls recommended for the gender and age of the participants and allow for one ball of each size at each throwing area.

The use of calibrated roll out measuring mats is recommended to ensure a fast flowing programme.

### Recording

- Give each participant a personal score card on which their performances and scores can be recorded. Emphasis should be on participation and self improvement.
- In practice a competitor is normally allowed three trials at each test.
- Allow a reasonable recovery period between each set of tests.
- A sample score card is shown on the back of this card which you may photocopy.
- In a teaching situation children can be encouraged to measure each others performances.

### Rules

Standard event rules apply see the relevant Eveque activity cards.

## Med Ball Challenge PERSONAL SCORE CARD

NAME		AGE	GIRL	
			BOY	
TEAM / SCHOOL			DATE	
EVENTS	TRIAL <b>1</b>	TRIAL <b>2</b>	TRIAL <b>3</b>	BEST OF THREE
FORWARD PITCH				
SOCCER THROW				
CHEST PUSH				
SHOULDER FLING				
OVERHEAD HEAVE				
BALL SIZE .....KG	SUMMATION OF THE FIVE BEST THROWS			
AWARD LEVEL	SIGNED			

## FORWARD PITCH

### Aim

To highlight the valuable contribution that can be made by the legs to a throwing activity.

### Description

A two handed forward throw utilizing the legs and trunk.

### Rules

- This requires a two handed underarm throw.
- The participant must start facing the direction of the throw with the ball held between the knees.
- The feet must be behind the throwing line at the start of the throw but it is recognised that the momentum of the correct throwing action will carry the feet across the line as the throw is followed through.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

### Equipment

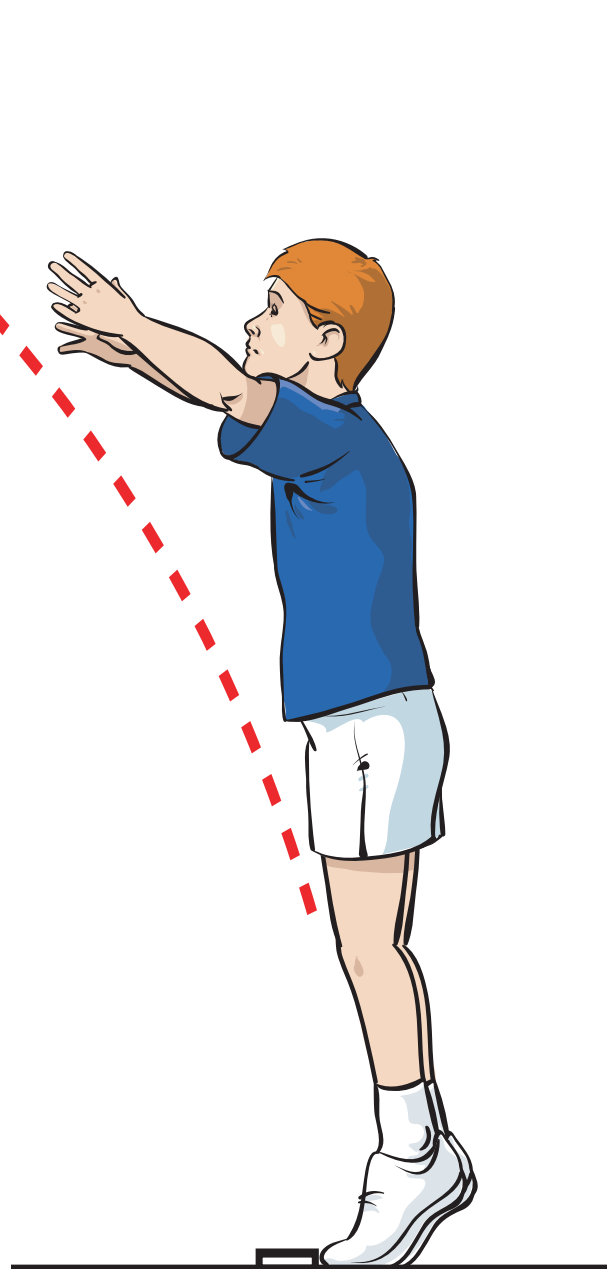
- Appropriate Medicine Ball (see Table below)
- Calibrated measuring mat

Age	Girls	Boys
Age 9 and Under 11 years	1kg	1kg
Age 11 and Under 13 years	1kg	2kg
Age 13 and Under 15 years	2kg	3kg
Age Over 15 years	2kg	3kg

Age on day in years.

### Body Parts / Key Areas

Utilising leg power as a driving force in a throwing activity.



### Technique / Safety

- This is a lifting throw starting with the feet flat on the ground to give stability.
- The feet are placed hip width apart.
- The arms should be slightly bent and the hips directly over the feet to provide balance. The back should not be arched during the delivery action.

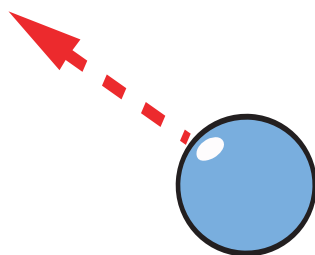


FORWARD PITCH SCORECARD

EXAMPLE

1	Tom Jones	Park School	5.75	6.00	6.25	6.25		
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## CHEST PUSH



### Aim

To push the ball as far as possible.

### Description

In this standing throw the participant pushes a weighted ball with both hands from the chest into a pre-measured throwing area. This is a good introduction the push technique use in the shot put event. This technique is also used in Basketball and Net Ball where it is known as the chest pass.

### Rules

- The ball is held against the chest and must be pushed with both hands.
- Both feet must remain on the floor at all times.
- One foot may be in front of the other however no run up or steps are permitted.
- The participant must not pass the throw line.
- Measurement is to the point the ball first touches the floor reading down to the nearest 25cm band.
- The participants chest must face forward at all times during the throw, trunk rotation techniques are not allowed.

### Equipment

- Appropriate Medicine Ball (see Table below)
- Calibrated measuring mat

Age	Girls	Boys
Age 9 and Under 11 years	1kg	1kg
Age 11 and Under 13 years	1kg	2kg
Age 13 and Under 15 years	2kg	3kg
Age Over 15 years	2kg	3kg

Age on day in years

### Body Parts / Key Areas

Legs to drive upwards

Strong 'push' with arms



### Technique / Safety

- To start the participant should bend their knees and pull the ball close to their chest.
- The straightening of the legs in time with the throwing action will give added thrust to the delivery.
- For optimum performance the ball is released at 40/45 degrees by aiming above eye level.



CHEST PUSH SCORECARD

EXAMPLE

1	Tom Jones	Park School	6.00	5.75	5.75	6.00	38	
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## SOCCKER THROW

### Aim

An overhead throw using the back and legs to propel the ball.

### Description

A two handed throw where the participant starts facing the direction of the throw. This event uses the whole body in a basic 'pull' technique which is a good training exercise for javelin throwers, soccer players, tennis players and several other ball games.

### Rules

- This requires a two handed over the head throw.
- The participant must start facing the direction of the throw.
- The feet must be behind the throwing line at the start of the throw and one foot may be in front of the other.
- The participant is not allowed to cross the line during or after the throw.
- No run up or steps are permitted.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

### Equipment

- Appropriate Medicine Ball (see Table below)
- Calibrated measuring mat

Age	Girls	Boys
Age 9 and Under 11 years	1kg	1kg
Age 11 and Under 13 years	1kg	2kg
Age 13 and Under 15 years	2kg	3kg
Age Over 15 years	2kg	3kg

Age on day in years

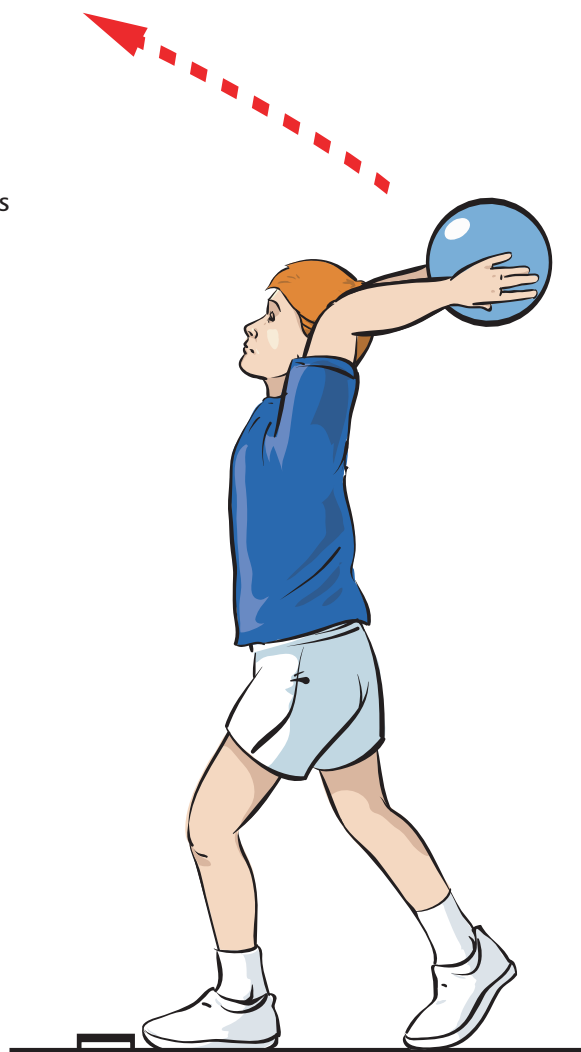
### Body Parts / Key Areas

Lower back arches to create a 'bow'.

Core abdominal muscles control the forward movement.

Arms act as an extension of the body and 'whip' through at the end of the throw.

Arms (slightly bent) generate acceleration and trajectory.



### Technique / Safety

- Standing throw with feet in a split position, one forward and one back behind throw line provides leverage.
- Hold ball in two hands overhead behind the shoulder line, arms slightly bent to obtain maximum travel from the delivery action.
- Throw the ball forward aiming above eye level.



**SOCCER THROW SCORECARD**

**EXAMPLE**

<b>1</b>	<b>Tom Jones</b>	<b>Park School</b>	<b>5.75</b>	<b>6.00</b>	<b>6.25</b>	<b>6.25</b>		
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## OVERHEAD HEAVE

### Aim

To power the ball over the head using the whole body to generate maximum momentum.

### Description

This is a two handed over the head power throw which is a full body exercise. If done correctly the ball should travel further than the distances achieved in the other throws. It develops the ability to combine the maximum contribution from all the parts of the body into a single action.

### Rules

- It is a two handed throw over the head
- The athlete must keep their back to the direction of the throw.
- The feet must be behind the throwing line at the start of the throw.
- Note the athlete is allowed to cross the line during and after the throw.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to nearest 25cm below.

### Equipment

- Appropriate Medicine Ball (see Table below)
- Calibrated measuring mat

Age	Girls	Boys
Age 9 and Under 11 years	1kg	1kg
Age 11 and Under 13 years	1kg	2kg
Age 13 and Under 15 years	2kg	3kg
Age Over 15 years	2kg	3kg

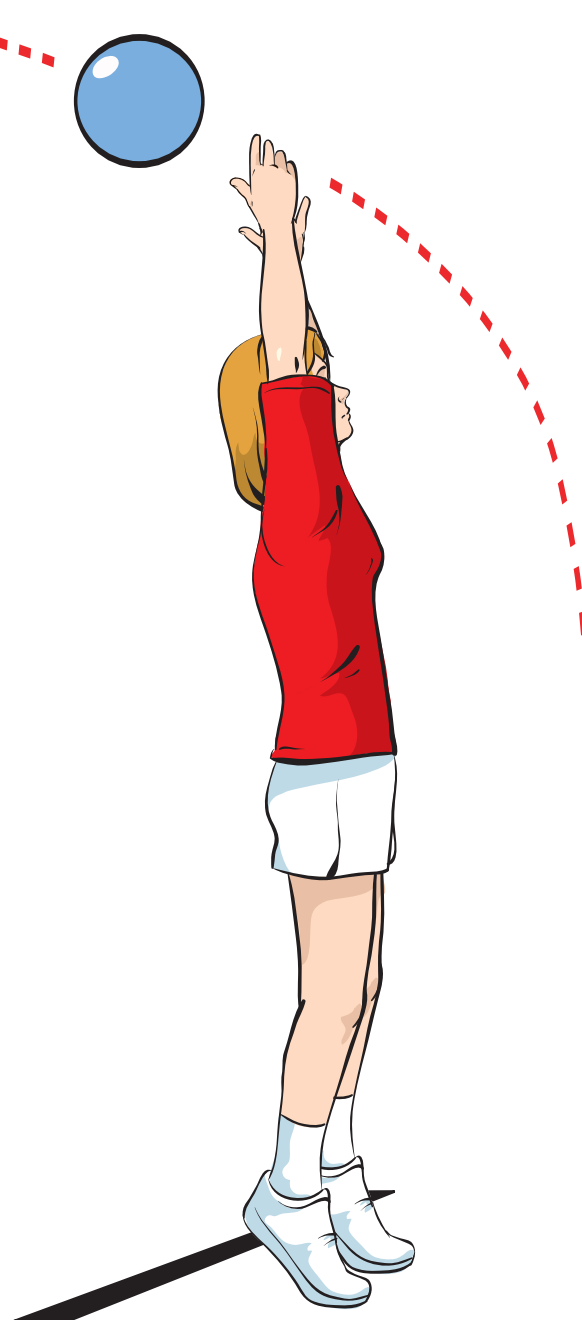
Age on day in years

### Body Parts / Key Areas

Legs drive up to generate uplift.

Core abdominals and lower back support the body when releasing the ball.

Arms (slightly bent) generate acceleration and trajectory.



### Technique / Safety

- The thrower stands behind the throwing line facing away from the throwing zone with their feet placed hips width apart and the legs slightly bent.
- Starting with the ball at waist height it is lowered to the knees and the throwing action commenced.
- The arms are kept slightly bent and the legs straightened in time with the lifting action to the point of delivery which is timed to give a raised projection.



OVERHEAD HEAVE SCORECARD

EXAMPLE

1	Tom Jones	Park School	5.75	6.00	6.25	6.25		
No	NAME	TEAM / SCHOOL	TRIAL 1	TRIAL 2	TRIAL 3	BEST	PTS	POS
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## THE SHOULDER FLING

### Aim

To heave the ball over a shoulder having generated acceleration and created a long radius around the body.

### Description

A two handed reversed throw where the participant keeps their back to the direction of the throw. This event uses the whole body in a basic rotational technique which is used in several throwing events and is relevant to movements in some ball games.

### Rules

- This requires a two handed throw over a shoulder.
- The participant must start with their back to the direction of the throw.
- The feet must be behind the throwing line at the start of the throw.
- The participant is allowed to cross the line during and after the throw.
- Measurement is from the throwing line to the point where the ball first touches the ground and is measured to the nearest 25cm band cleared.

### Equipment

- Appropriate Medicine Ball (see Table below)
- Calibrated measuring mat

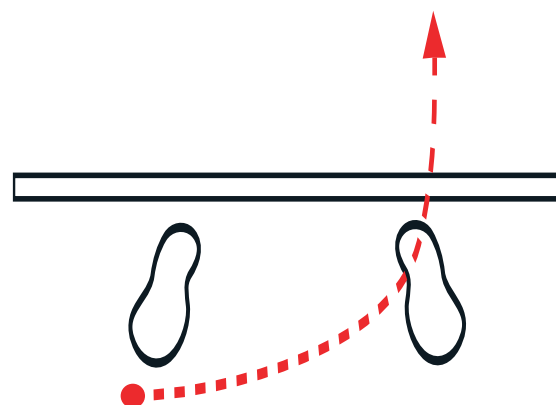
Age	Girls	Boys
Age 9 and Under 11 years	1kg	1kg
Age 11 and Under 13 years	1kg	2kg
Age 13 and Under 15 years	2kg	3kg
Age Over 15 years	2kg	3kg

Age on day in years

### Body Parts / Key Areas

Trunk rotation allows for acceleration and fluent delivery movement.

Long arms increase the radius and therefore the speed of the ball path and trajectory.



### Technique / Safety

- Stand behind the throwing line facing away from the throwing zone with feet hip width apart and the legs slightly bent.
- Ball begins at low point and travels across the body to be released at a high point over the shoulder.
- For right handed persons - ball low on left and released high over right shoulder.
- For left handed persons - ball low on right and released high over left shoulder.



THE SHOULDER FLING SCORECARD								
EXAMPLE								
1	Tom Jones	Park School	5.75	6.00	6.25	6.25		
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## MED BALL CHALLENGE - THROWS PENTATHLON

The Award Levels given relate to the summation of the distance achieved in the five different throwing tests.

### GIRLS

AWARD LEVEL	AGE ON DAY IN YEARS						
	9/10	11	12	13	13	14	15+
BALL WEIGHT	1Kg	1Kg	1Kg	1Kg	2Kg	2Kg	2Kg
GOLD	32.00	36.00	40.00	44.00	36.00	40.00	45.00
SILVER	29.00	33.00	37.00	40.00	32.50	36.00	40.00
BRONZE	26.00	30.00	33.00	36.00	29.00	32.25	36.25
BLUE	23.00	26.50	30.00	32.00	26.00	29.00	32.50
GREEN	19.00	22.50	25.00	27.00	22.00	24.50	27.50
YELLOW	14.00	16.00	18.00	20.00	16.00	18.00	20.00
ORANGE	10.00	12.50	15.00	17.00	13.00	14.50	16.00

- Summate your best distance achieved in the five events of the Throws Pentathlon Soccer Throw, Chest Push, Overhead Heave, Shoulder Fling & Forward Pitch
- Each individual throw is measured in increments of 25cm
- The measurements given in the table are in metres

### BOYS

AWARD LEVEL	AGE ON DAY IN YEARS							
	9/10	11	11	12	13	13	14	15+
BALL WEIGHT	1Kg	1Kg	2Kg	2Kg	2Kg	3Kg	3Kg	3Kg
GOLD	36.00	40.00	32.00	38.00	43.00	34.00	43.00	47.00
SILVER	32.00	36.00	29.00	36.00	39.50	31.00	39.00	43.00
BRONZE	28.00	32.00	26.00	32.00	36.00	28.50	36.00	39.50
BLUE	24.00	28.00	24.00	29.00	33.00	26.00	33.00	36.00
GREEN	20.00	23.00	20.00	24.00	26.00	20.00	25.00	30.00
YELLOW	16.00	18.00	15.00	16.00	18.00	14.00	18.00	22.00
ORANGE	12.00	13.00	10.00	12.00	14.00	11.00	13.00	15.00

- Summate your best distance achieved in the five events of the Throws Pentathlon Soccer Throw, Chest Push, Overhead Heave, Shoulder Fling & Forward Pitch
- Each individual throw is measured in increments of 25cm
- The measurements given in the table are in metres



Med Ball Challenge PERSONAL PROGRESS RECORD								
NAME							DATE OF BIRTH	
TEAM / SCHOOL								
DATE	BALL WEIGHT	TEST					TOTAL DISTANCE TRAVELLED	AWARD LEVEL
		FORWARD PITCH	SOCCER THROW	CHEST PUSH	SHOULDER FLING	OVERHEAD HEAVE		