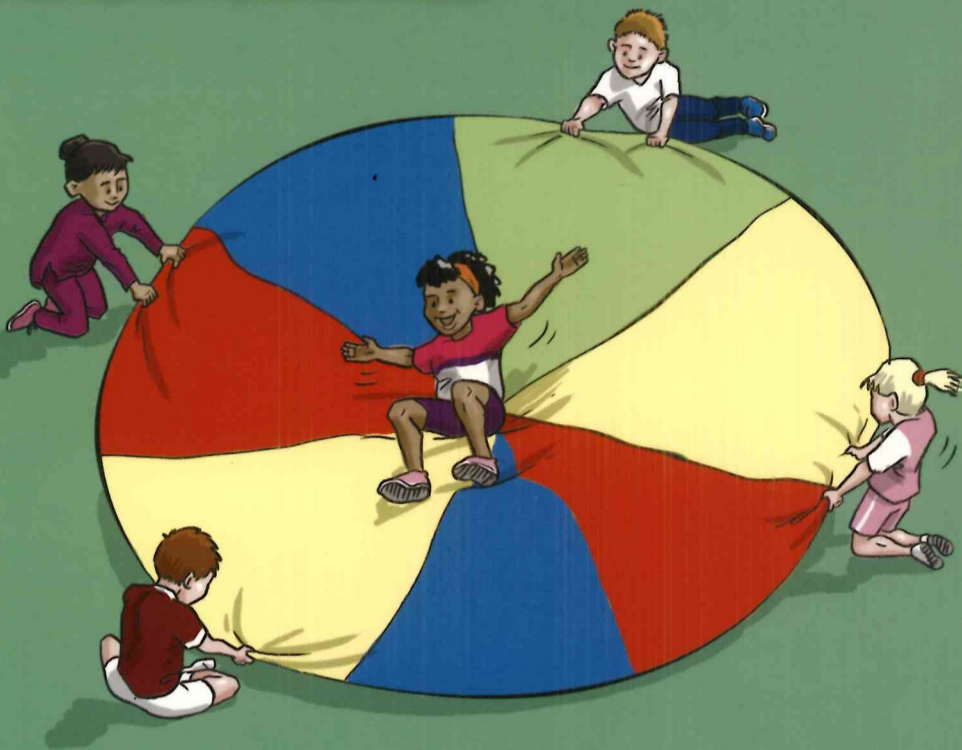


### PARACHUTE BALANCE



### TRICEP DIP



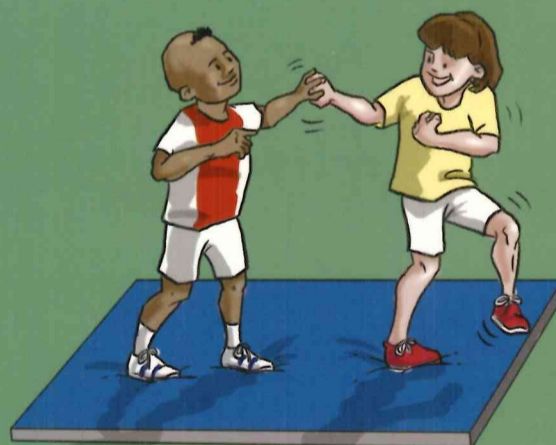
### BALANCE



Player sits on edge of a crash mat and rolls backwards/sideways to catch the ball.



Link arms to maintain balance.



Use support to enable person to experience different balance. Use the crash mat to create safe, soft unstable base.

### LIFT AND TRAP



- A ball is rolled from different directions for the receiving player to lift their foot and trap the ball.
- Use different balls with this type of progression.
  - polybat ball
  - soft foam ball
  - tennis ball
  - soft volleyball
  - size 4 football
  - size 5 football