

42 Juggling

Quantitative criteria

Repetitions

Movement rhythm

Sets

Rest between sets

Total exercise time

Exercise units

Until balls are dropped

Continuous movement

3 - 5

no rest

5 minutes

Daily if possible

Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Juggling with several balls.

Finishing position



Continuous movement.

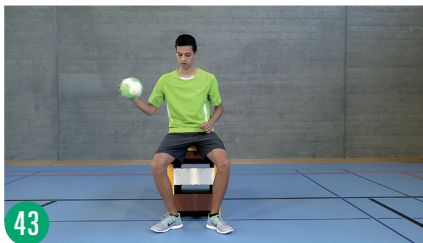
43 Bouncing a ball

Quantitative criteria

Repetitions	30 or until ball is lost
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

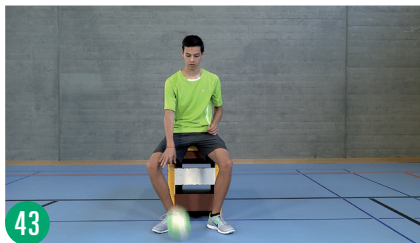
Coordination

Starting position



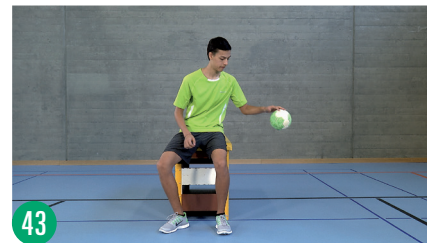
Sit on a box. Feet on the floor.

Description of movement



Bounce ball from one side to the other and back again. With or without changing hands.

Finishing position



Continuous movement.

44 Bouncing two similar balls

Quantitative criteria

Repetitions

30 or until ball is lost

Movement rhythm

Continuous movement

Sets

3 - 5

Rest between sets

no rest

Total exercise time

5 minutes

Exercise units

Daily if possible

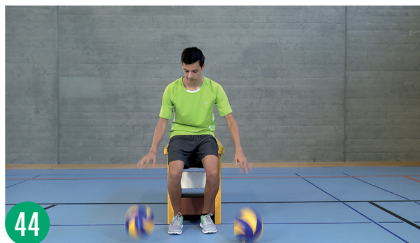
Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Bounce ball from one side to the other and back again. With or without changing hands.

Finishing position



Continuous movement.

45 Bouncing two different balls

Quantitative criteria

Repetitions

Movement rhythm

Sets

Rest between sets

Total exercise time

Exercise units

30 or until ball is lost

Continuous movement

3 - 5

no rest

5 minutes

Daily if possible

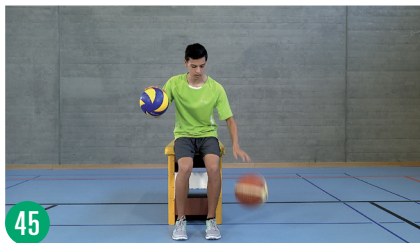
Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Bounce one ball on the right side, the other on the left side.

Finishing position



Continuous movement.

46 Balancing on one leg

Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on one leg on the mat. Back straight, arms hanging down.

Description of movement



Raise the other leg forward horizontally, slightly bent. Remain standing in a stable position as long as possible.

Finishing position



Slowly return to the starting position. Change to the other side.

47 T- Balance

Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on one leg on the floor. Arms hanging down, the other leg raised forward horizontally and slightly bent.

Description of movement



Slowly swing the leg to the back and stretch it out. At the same time bend the trunk forward and stretch the arms sideways.

Finishing position



Slowly return to the starting position. Change to the other side.

48 Dreaming policeman (easy)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on the heels. Arms hanging down, back straight.

Description of movement



Rock from the heels to the toes.

Finishing position



Move back to the heels again and repeat continuously.

49 Dreaming policeman (medium)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on the heel of one foot and on the toes of the other.

Description of movement



Rock from the heel to the toes of one foot.
At the same time rock from the toes to the heel of the other foot.

Finishing position



Continuous movement.

50 Dreaming policeman (difficult)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



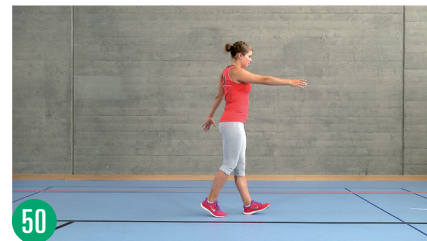
Walking position. Front leg on the heel, rear leg on the toes, arms in reverse to the legs.

Description of movement



Make a 180° turn, at the same time one foot changes from the heel to the toes and the other from the toes to the heel. Arms change position as well.

Finishing position



Continuous movement.

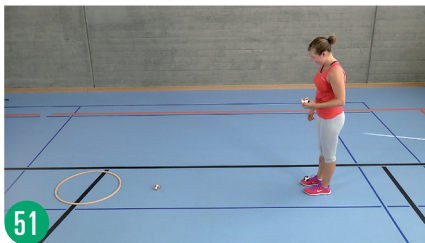
51 Target throw

Quantitative criteria

Repetitions	10 - 20
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



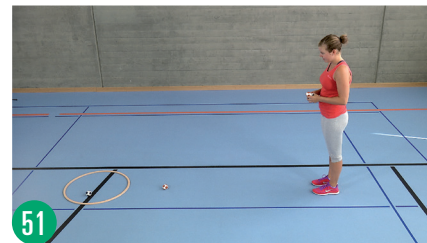
Stand on the floor.

Description of movement



Place Hacky Sack on one foot and try to flip it into the hoop.

Finishing position



Several repetitions. Change to other side.