PB.3

Stability BallDrill Skill Module - Balance

Description: Intro to Stability Ball





Using a stability ball have athlete:

- Sit and balance
- Bounce like kangaroo









| Supplies / | / Aids: |
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| | plies / | Aids | :: | |
|-------|-------------|-------|-----------|--|
| Video |) | | | |
| Equi | ipment | t Nee | ded: | |
| | oility ball | | | |
| Note | es: | | | |
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Preschool FUNdamentals