



THE DYNSEO TEAM

# **SOFT GYM WORKSHOPS TO BE CARRIED OUT WITH A FOAM BALL**

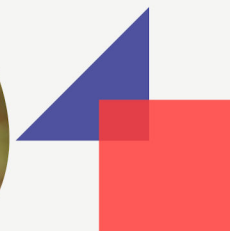


# SOME EXERCISE IDEAS

## TO DO ALONE



### With the hands



- Throw the ball in the air and catch it (with one or both hands)
- Throw the ball forward at slow or fast speed.
- Throw the ball into a hoop or hoops in a given order.
- Pass the ball behind the head, around the waist, around one thigh then the other...
- Hold the foam ball in your hand. Gently press and release pressure alternately with each hand.
- Place the ball between the palms of your hands. Roll the ball gently back and forth.
- Hang a target (like a large sheet of paper) on the wall. Throw the foam ball towards the target.

Coordination

Reactivity

Force

Coordination

Force

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Force



# EXERCISE IDEAS

## TO DO ALONE



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### With the feet

- Stand up and crush the ball with your right foot, then with your left foot.
- Place the ball on the ground. Use the foot to roll the ball back and forth.
- Place two skittles on the ground. Pull the ball with your foot to pass it between the two pins
- Place two skittles on the ground. Pull the ball with your foot to knock down as many pins as possible

Force

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# EXERCISE IDEAS

## TO DO TOGETHER



Together



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- Hold a stretched sheet, each on one side of the sheet and position the ball in the center. Create a path on the ground in advance. Move along this path, leaving the ball in the center, in order to reach the objective (e.g.: hoop placed on the ground, basket, box, etc.). Once you arrive at the objective, slide the ball into the container.
- Throw the ball normally, forward (with or without bounce).
- Both face the wall. Throw the ball against the wall to send it to your partner.
- Place the palm of your hand on the ball with your hands parallel. One person guides by moving the ball and the other follows the movements so as not to drop the ball.
- Sit facing each other and roll the ball across the table with your right hand, then your left hand, then both hands.
- Sit face to face, throw the ball into the center of the table and indicate with which hand the person should catch the ball.

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# EXERCISE IDEAS

## TO DO TOGETHER



In Group



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- Hold a stretched sheet and position the ball in the center. Create a path on the ground in advance. Move along this path, leaving the ball in the center, in order to reach the objective (e.g.: hoop placed on the ground, basket, box, etc.). Once you arrive at the objective, slide the ball into the container.
- Divide into teams and compete in a friendly game of precision throwing while aiming for a basket or target.
- Pass the ball from one person to another until you reach a basket.
- Sit in a circle. Throw the ball to a person by saying their first name.
- Stand in single file. Pass the ball to the person in front of you until you reach a basket.

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