



TRAINING ZONE

PRESENTED BY



BALL PICK-UPS

► DRILL OVERVIEW

- Practicing ball-pickups from your sports chair, everyday chair, or any seated position will help develop your overall core strength. By simulating picking the ball off the ground, you are engaging the muscles in your core and creating muscle memory that can carry in to game like situations.

● BEST PRACTICES

- Practice pick-ups to the left, right, and front of your chair to improve core strength.
- Ball pick-ups can be a great warm-up exercise before training or competition.

★ MODIFICATIONS

- If you cannot touch the ball to the ground, reach as far as you can and keep practicing to increase your flexibility.

▲ SAFETY TIPS

- Be sure that all wheelchair straps are secure before practicing ball pick-ups.
- If using a daily chair or armchair, be cautious not to tip over the chair as you reach.