



MEDBALL TRAINING MINI TOOLKIT

Adapted from Ben Simons

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Explosive Medball Throws

Explosive medicine ball throws offer ballistic overload across a full range of motion, training rate of force development and eccentric control without the same soreness or fatigue as traditional high-load lifts.

MEDBALL ECCENTRIC OVERLOAD: A NEW PATH TO STRUCTURAL ADAPTATION

Supramaximal eccentrics have been shown to increase fascicle length, and subsequently improve contraction velocity.

But similar adaptations may be possible through momentum-based eccentric overload, as demonstrated by adaptations to flywheel training and plyometric training.

Throws appear to involve visible eccentric lengthening through the musculature as a larger ROM is utilised.

Theoretically a rapid countermovement in ballistic throws may create conditions for fascicle remodelling, offering an alternative to high-load eccentrics.

INTENSIFICATION OF EXPLOSIVE THROWS

Overload eRFD through increasing countermovement momentum maintaining movement velocity and mechanics is better than simply increasing load.

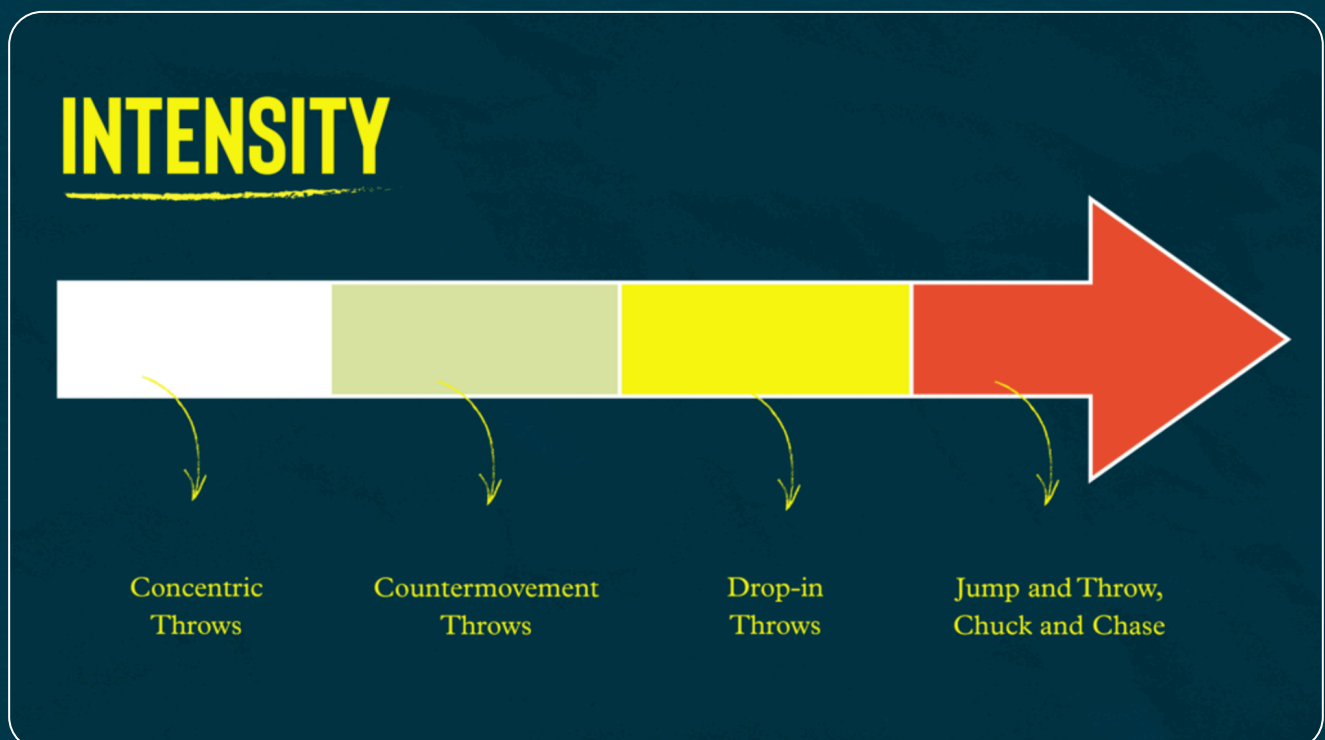


Figure 1. Intensity continuum of explosive throw

EXPLOSIVE THROWS TRAINING

SESSION PARAMETERS

Medicine ball throws can be used to replicate force application and movement patterns seen in sport-specific tasks.

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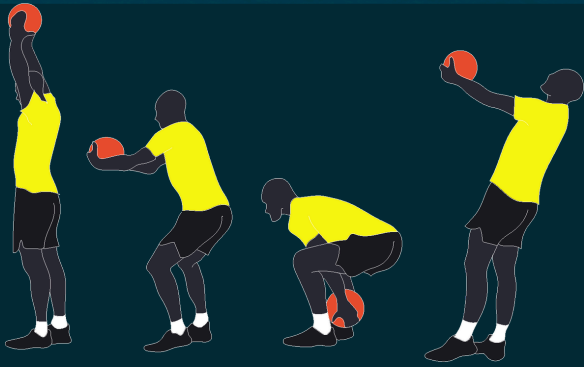
**Max Intent,
Low Fatigue,
High Quality**

- 3-10 kg MB (depending on age and strength level)
- < 3-6 sets
- < 5-10 reps
- Full Recovery between sets and/or reps

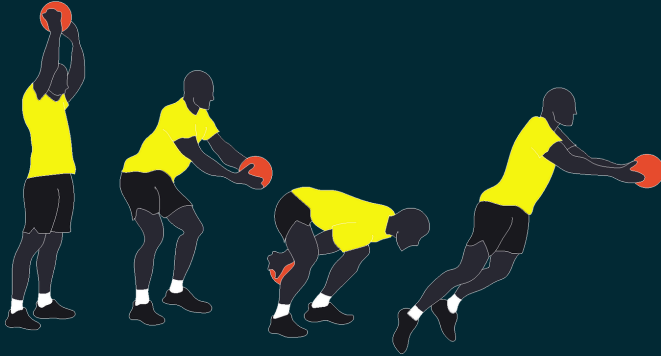
SAMPLE SESSION 1

EXERCISE		SETS	REPS
Hinge (long arc)	Overhead backwards throw	1-2	6
Hinge (short arc)	Between Leg Forwards Throw	1-2	6
Squat	Chest Toss Forwards	1-2	6
Lunge	Sprint Start Toss Left/Right	1-2	6
Rotation	Side Sling Throw Left/Right	1-2	6

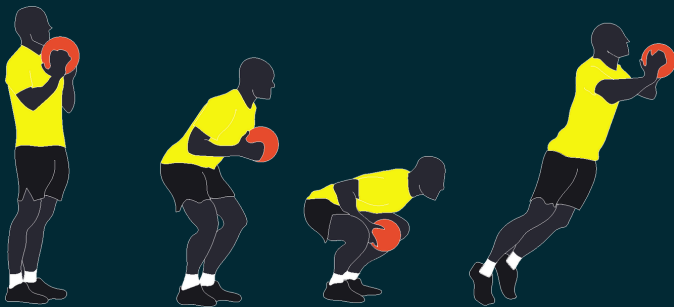
EXPLOSIVE THROWS



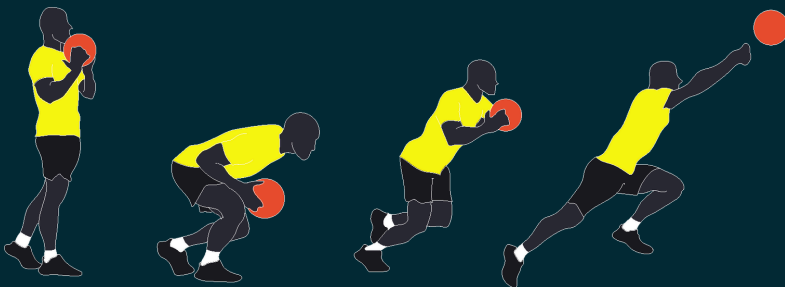
Overhead backwards throw



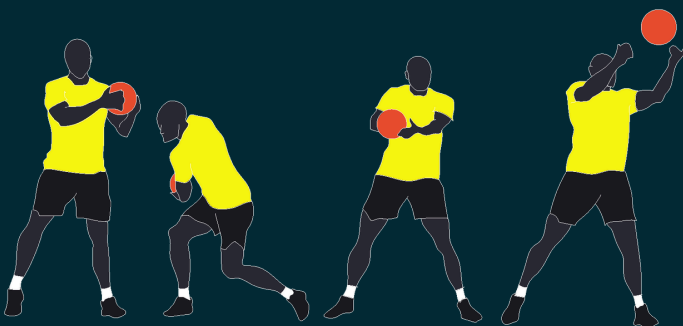
Between Leg Forwards Throw



Chest Toss Forwards



Sprint Start Toss Left/Right



Side Sling Throw Left/Right

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