





## 2. Static Balance, Strong Stable Core & Postural Control - seated balance

Developing a strong stable core and good posture is important for every event, every movement and in every sport. Athletes should **practice sitting and moving with a good upright posture**. It is assumed that all challenges are completed, where appropriate, in both **directions and with both hands**. Athletes should always maintain good posture and core positioning for each challenge

### Stage 1 Red Challenges

- 2a) Balance for 10 seconds with 1 foot and 1 hand touching the floor.
- 2b) Balance for 10 seconds with 1 foot or 1 hand touching the floor.
- 2c) Balance for 10 seconds with **no hands or feet touching** the floor with knees bent.

			
Balance for 10 seconds with 1 foot and 1 hand touching floor	1 hand touching the floor.	or 1 foot touching the floor.	no hands or feet touching

### Stage 2 Yellow Challenges

- 2a) Balance with **eyes closed** for 10 seconds with **no hands or feet touching the floor**.
- 2b) With **both hands and feet off the floor and knees bent**, pick up a cone from one side, **swap hands** and place it on the other side.
- 2c) Balance for 10 seconds with no hands or feet, **touching the floor while receiving a small force**

		
no hands or feet touching the floor.	pick up a cone from one side, <b>swap hands</b> and place it on the other side.	touching the floor while receiving a small force

### Stage 3 Green Challenges

2a) Balance with **eyes closed** for 10 seconds with no hands and no feet touching the floor, **while receiving a small force**.

2b) **Pick up a cone from one side**, bring it across the body and place it down on the other side with the **same hand**.

2c) As Green 2b, but with **eyes closed**.



**eyes closed** for 10 seconds with **no hands and no feet** touching the floor, **while receiving a small force**.



**Pick up a cone from one side**, bring it across the body and place it down on the other side with the **same hand**.



**2b, but with eyes closed**

### Stage 4 Purple Challenges

2a) Hold a **dish shape** for **5 seconds** (use uneven surface to increase challenge).

2b) As Yellow 2b, but with **cones at an arm's length away**.

2c) Complete the same task as Purple 2b, **without swapping hands in the middle**. (Footage Coming Soon)



**dish shape for 5 seconds**



**count to 10!**

**Pivot on bottom to touch cones. but with cones at an arm's length away.**

**WITHOUT SWAPPING HANDS IN THE MIDDLE**

**Stage 5 Blue Challenges**

2a) **Hold a V shape (v-sit)** for 10 seconds (use uneven surface to increase challenge).

2b) With both hands and feet off the floor and knees bent, **retrieve cones from in front, to both sides and from behind.**

2c) As Blue 2b but with **eyes closed.**



Hold a V shape (v-sit)



Seated collect cones from in front, to both sides and from behind.



Seated balance but eyes closed

**Stage 6 Black Challenges**

2a) Balance on an **uneven surface for 10 seconds**, while **receiving a small force.**

2b) As Blue 2b, but with **eyes closed and receiving a small force.**

2c) **Rotate 360° (without putting feet or hands down)** on the floor and then on a bench.



uneven surface for 10 seconds,

**EXTEND LEGS FOR BLANACE**



eyes closed and receiving a small force.

**FIDGET BOTTOM WITH ARMS FOR BALANCE**

