
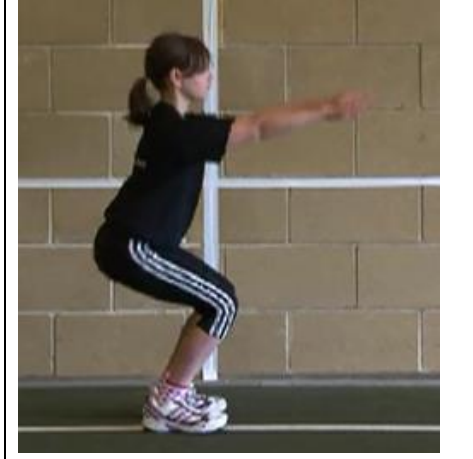


3. Static Balance & Postural Control - Single and double leg Standing

Static balance is the ability to **maintain control and stability** when in a static (no movement) position. Developing static balance will allow the athlete to **hold the correct sports position** when required and help develop the body so as to **move with greater stability**. It is assumed that all challenges are completed on both legs. Athletes should always maintain a good core positioning.



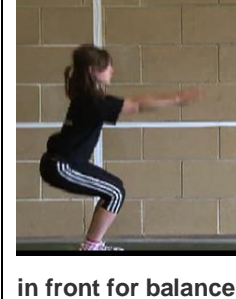
Stage 1 Red Challenges

- 3a) Stand still with **one foot on the floor for 5 seconds** without losing balance.
- 3b) Stand **still with one foot on the floor for 10 seconds** without losing balance.
- 3c) Stand still with **one foot on the floor for 20 seconds** without losing balance.
- 3d). **Double leg squat with arms out in front for balance**. Angle of the knee is no more than 135°.

	<p>hands by side & tall – 5, 10, 20 secs</p>		<p>Double leg squat with arms out in front for balance 16 x 4 secs</p>
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Stage 2 Yellow Challenges

- 3a) **Stand still with one foot on the floor for 30 seconds** without losing balance.
- 3b) Stand on **one foot and do 5 mini-squats**, so the angle is no more than 135° at the knee.
- 3c) Stand on **one foot and do a 10 mini-squats**, so the angle is no more than 135° at the knee.
- 3d) **Double leg squat with arms out in front for balance**. Angle of the knee should be 90°.

	<p>30 secs Stand still with one foot on the floor for 30 seconds</p>		<p>Stand on one foot and do 5 then 10 mini-squats</p>		<p>DEEPER SQUATS 0 Double leg squat with arms out in front for balance</p>
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Stage 3 Green Challenges

- 3a) Stand still with one foot on the floor and eyes closed for 10 seconds, without losing balance.
- 3b) Stand on one foot and do 5 mini-squats, so the angle is no more than 90° at the knee.
- 3c) On an uneven surface, stand still on one foot for 10 seconds without losing balance.
- 3d) Double leg deep squat with arms out in front for balance.

 <p>Stand still with one foot on the floor and eyes closed for 10 seconds</p>	 <p>Stand on one foot and do 5 mini-squats</p>	 <p>On an uneven surface, stand still on one foot for 10 seconds</p>	 <p>Double leg deep squat with arms out in front for balance. Bottom below hips!</p>
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Stage 4 Purple Challenges

- 3a) Stand on one foot and do 10 ankle extensions, lifting the heel off the floor and slowly putting it down.
- 3b) Stand on one foot and do 5 squats (90°) into ankle extensions.
- 3c) Stand on one foot and do 5 squats (90°) with eyes closed without losing balance.
- 3d) Stand still on uneven surface - for 20 then 30 secs.

 <p>ONE FOOT UP TOES - 10 ankle extensions, lifting the heel off the floor and slowly putting it down</p>	 <p>one foot and do 5 squats (90°) into ankle extensions</p>	 <p>foot and do 5 squats (90°) with eyes closed</p>	<p>Stand still on uneven surface - for 20 then 30 secs</p>
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Stage 5 Blue Challenges

- 3a) Stand on **one foot and complete 10 ankle extensions**, with eyes closed, without losing balance. (Footage Coming Soon)
- 3b) Stand still on one foot, on an uneven surface, for 10 seconds with eyes closed without losing balance.
- 3c) On an uneven surface, stand on one foot and do 5 squats without losing balance.
- 3d) Double leg squat with hands behind head. Angle of the knee should be 90°.

<p>one foot and complete <u>10 ankle extensions</u></p>	<p>stand on one foot and do 5 squats without losing balance.</p>	<p>Double leg squat with hands behind head</p> 
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Stage 6 Black Challenges

- 3a) Stand on **one foot and complete 10 squats into ankle extensions**, with **eyes closed**, without losing balance.
- 3b) Stand on one foot and complete 10 ankle extensions on an uneven surface.
- 3c) On an uneven surface, stand on one foot and complete **10 squats into ankle extensions**.
- 3d) **Double leg deep squat** with hands behind head.

<p>one foot and complete 10 squats into ankle extensions, with eyes closed</p> 	<p>stand on one foot and complete 10 squats into ankle extensions.</p> 	 <p>Double leg deep squat with hands behind head.</p>
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