

# Balance Activities for Athletes of all ages!

**Standing Feet Together**



**OR**



**Standing Eyes Closed**



**OR**



**Tandem Stands**



**OR**



**Knee Bends**



**OR**



**Figure 8 Walk**



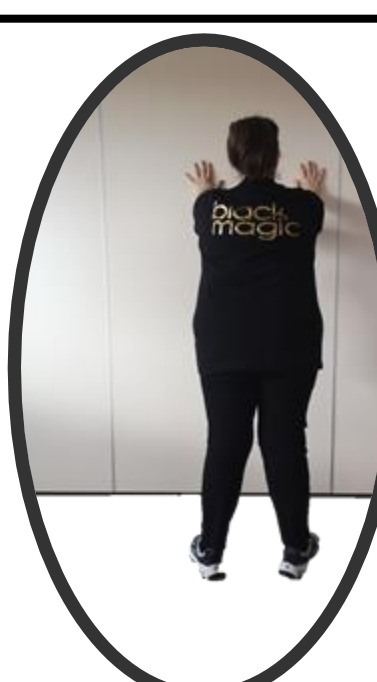
**OR**



**Side Stepping**



**OR**



**Single Leg Stand**



**OR**



**Walking Backwards**



# Balance Activities for Athletes of all ages!

**Diagonal Reach**



**Seated Weight shifting**



**Reach out to the side**



**Toe Touch**



**Throwing/  
Catching a ball**

