



Reflex Ball™

Power Systems Inc.
www.power-systems.com
1-800-321-6975

The Reflex Ball™ is perfect for the improvement of eye-hand coordination and reaction time. Volley the Reflex Ball™ between two athletes, or rebound it against a wall. Upon landing, the ball will bounce in an unpredictable manner. Repeating these steps will improve your speed and coordination.

Drill #1: Burning Ball

Benefits: Improved Eye-Hand/Eye-Foot Coordination

Burning Ball involves three different levels of exercises which increase in difficulty. Throughout this exercise, maintain feet at shoulder width with knees slightly bent. This stance provides good balance and enables trainee to 'spring' into the necessary step to catch the ball.

Goal: Catch the ball in 1 to 2 bounces without chasing it.

1. Drop the ball from knee height and catch.
2. Drop the ball from waist height and catch.
3. Drop the ball from chest high and catch.

Drill #2: Alter Ego

Benefits: Improved of Bilateral Agility

This exercise is similar to Drill #1 with the exception that the trainee drops the ball with one hand and catches it with the other hand.

Goal: Same as Drill #1.

Drill #3: The Side Step

Benefits: Improved Eye-Hand Coordination, Tracking and Bilateral Agility

This exercise involves quick movement using side to side steps.

Goal: Catch ball with minimal amount of steps.

1. Stand approximately 5 feet away from the wall, facing the wall.
2. Bounce the ball off the wall and catch it using one or both hands. Slide toward the ball using side-to-side steps. Do not chase the ball.

Drill #4 The Hunter

Benefits: Increased First Step Quickness

The Hunter increases your initial first step response encouraging quick, direct response for ball retrieval.

Goal: Catch the ball in 1 bounce. Do not chase the ball.

1. Hold the ball in one hand at arm length.
2. Toss the ball approximately 2 to 4 feet out and away from your standing position, and up over your head approximately 2 feet.
3. Catch the ball, preferably on 1 bounce, by moving towards the ball in short, quick steps.

Drill #5: Greased Lightning

Benefits: Increased Eye-Hand Coordination, Bilaterality and First Step Quickness.

This drill is similar to Drill #3, but slightly more difficult.

Goal: Same as Drill #3.

1. Stand between 5 and 6 feet from the wall and roll the ball toward the wall so that it rebounds back.
2. Maintain a low position so as to enable trainee to focus on each roll.



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The Twosome (Two players)

The Twosome can be performed two ways—incorporated into the workout or as another exercise drill. This exercise is especially recommended for basketball players. To start, both players should stand approximately 4 to 6 feet apart, facing each other. Player 1 drops the ball between the two players, and both players attempt to catch the ball. Use short steps to retrieve the ball. Whichever player retrieves the ball receives 1 point or the letter V. This process is repeated until a total of 5 point or the additional work B-A-L-L is spelled.

Loose Cannon (Two, four or more players)

1. Chalk-mark a circle the approximate size of a Hoola-Hoop.
2. First player enters the circle.
3. The player tosses the ball outside of the circle.
4. Player catches the ball.
5. Player must try to get back inside the circle in 3 steps or less.
6. If player is successful, he/she is awarded.
7. Repeat process with next player.
8. The first player to catch the ball 5 times and get back into the circle in 3 steps or less gets the letters B-A-L-L and wins.

Points To Ponder

Points To Ponder requires at least 3 players – 1 server and 2 catchers. Server tosses the ball to players, and players try to catch the ball. Each time the ball bounces is 1 point. The points are awarded to the player that catches the ball. Should a player fumble and drop the ball, the points will be deducted from the player's total points. Each player serves twice on a rotation basis. The first player to reach 50 points wins.

20 Paces (Two or more players)

20 Paces requires a wall at least 4 feet high. Measure 20 feet from the wall base to establish a boundary line. Mark this line with chalk or tape. All serves must be made behind this line. Server bounces ball between line and wall, off the wall, and back down between wall and line. Any balls bouncing behind server line causes server to lose a turn. One point is awarded server each time receiver fails to catch the ball. Once the ball is in play, the receiver can cross the line. Each player serves twice on a rotating basis. First player to reach 15 points wins.

Wallful-Ball (Two or more players)

Players line up, one behind the other, with player 1 facing the wall approximately 6 to 8 feet away. Player 2 stands behind player 1 and throws the ball against the wall for player 1 to catch. Award 1 point or letter (B-A-L-L) if player 1 catches the ball. Rotate after each throw. The first player to get 5 points wins.

The Reflex Ball Improves:

1. **Balance** – ability to obtain/keep equilibrium.
2. **Bilateral Movement** – ability to use both sides of the body with equal efficiency.
3. **Depth Perception** – ability to judge distance of objects and move accordingly.
4. **Eye-Hand/Eye-Foot Coordination** – body movements coordination.
5. **First Step Quickness** – the ability of quick and accurate movement in correlation to an object.
6. **Focus** – attentiveness and concentration.
7. **Focus Change** – ability to change point of vision without momentary blur.
8. **Peripheral Vision** – ability to comprehend what is happening in your side vision while still maintaining knowledge of front vision.
9. **Tracking** – ability to follow a moving object accurately with both eyes.

