

# 7 Benefits of Floor to Ceiling Ball Training in Boxing

BY **BOBBY MAYNE** - June 25, 2019

The floor to ceiling ball, also known as the double-end bag, is an air-filled ball suspended by elastic cords from the floor and ceiling. Varying in shape and size depending on the boxer's intended training objectives:

- The larger size ball is suited for beginners, being easier to punch at due to the larger and slower target as the cords are not tight.
- The smaller ball will move faster, difficult target to hit due to the size and speed from the tightened cords. This ball is suitable for experienced boxers training to improve speed and accuracy when punching.
- Floor to ceiling balls vary in shape such as the peanut shaped or connected top and bottom balls offering head and body targets.
- Tear drop shaped floor to ceiling balls allow the boxer to focus on angled punches such as hooks and uppercuts.

The tension of the cords effect the movement speed after being struck, if the cord tension is tight the ball will be rebound faster than the cord being slack making the ball move slower.

Boxers use the floor to ceiling ball for developing overall boxing skills along with improving punch accuracy, hand to eye coordination, reactionary time and defensive skills under pressure.

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Start making your workouts interesting and realistic, imagine the ball as the opponent's head when punching and as an opponent's punch when rebounds. This will develop your defensive and **counterpunching skills** with evasive head movement so the ball will miss your head and immediately punch the ball.

Regular training using the floor to ceiling ball will improve:

## 1. Timing

Timing is striking the ball at the right time and using evasive head movement to make the ball miss and set up counterpunches as the ball moves back and forth as an opponent would move and strike, unlike a punching bag which is stationary and better suited for developing punching power.

## 2. Accuracy

This smaller target constantly moves requiring using your eyes to improve punch accuracy both single and combination punches.

## 3. Rhythm

Improving rhythm when punching instead of only throwing wild punches and continually miss the ball, developing rhythm will assist boxing effectively and being energy efficient in the ring.

#### 4. Reflex

Using this ball requires concentration in developing hand to eye coordination that will improve reflexes to be able to compete against a skilled opponent.

#### 5. Foot and Hand speed

Developing foot and hand speed when using this ball will improve overall skills and performance.

#### 6. Endurance

Keeping hands up, punching, missing the ball when punching and retracting arm after a punch will improve shoulder and arm endurance.

#### 7. Power

Punching power should be developed on the punching bag not on the floor to ceiling ball, focus should be placed on developing punching skills such as technique, timing, accuracy and conditioning.

#### **Bobby Mayne**

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Bobby Mayne is the Head Coach at Boxrite Boxing Club and author of several boxing coaching books including the bestselling "The Art of Boxing: Your Guide to the Sweet Science". Mayne has been involved in boxing since 1981. He has trained professional boxers such as Australian Daniel Dawson to compete at the world level, becoming a world contender and ultimately the WBF World Superwelterweight Champion. He also assisted in the training of top boxers from the Philippines including Rey Megrino and Rey Loreto, who were both successful in winning their respective WBC Regional and WBO World Flyweight titles.

