

6U/8U - UPPER & LOWER BODY

LEAP FROG

① MOVEMENT

- Stand in a wide squat stance with toes pointed out.
- Squat down into a 3/4 stance.
- The lower the squat the harder the exercise.
- Leap Frog forward 2 jumps, then backward 2 jumps for 20-30 seconds.

LATERAL MOVEMENT

- Stand in a wide squat stance with toes pointed out.
- Squat down into a 3/4 stance.
- The lower the squat the harder the exercise.
- Leap Frog to the right 2 times, then back to the left 2 times for 20-30 seconds.

Once players have the technique down have them Leap Frog in a designated area playing tag.



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