

6U/8U - CORE & BACK

BEAR CRAWL

①

MOVEMENT / FORWARD

- Start on all fours.
- Pick up right hand and left leg, extend forward.
- Pick up left hand and right leg, extend forward.
- Players Bear Crawl forward for 10 yards.

②

MOVEMENT / BACKWARD

- Start on all fours.
- Lift right hand and left foot extend backward quickly, alternating arms and legs.
- Players Bear Crawl backward for 10 yards.

MOVEMENT / LATERAL

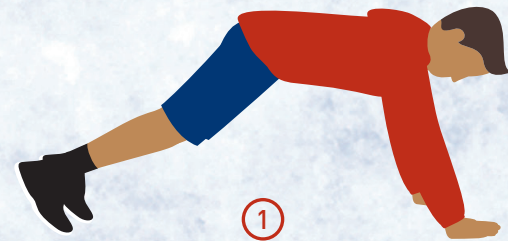
- Start on all fours.
- Lift right hand and right leg extend to the right, repeat.
- Players Bear Crawl sideways each way for 10 yards.

Once all three movements are introduced, coach calls out "Bear Crawl forward," "Bear Crawl backward," or "Bear Crawl lateral." The players perform the exercise on command.



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BIRD DOG

MOVEMENT

- ① • Kneel on the floor with hands firmly placed about shoulder width apart.
- ② • Point right arm out straight in front of body, parallel to the ear, and hold for 5 seconds.
• Return hand to floor.
• Point left arm out straight in front of body, parallel to the ear, and hold for 5 seconds.
• Return hand to floor.
- ③ • Brace the abdominals, extend right leg off the ground, and hold for 5 seconds.
• Don't move hips or weight to left leg.
• Brace the abdominals, extend left leg off the ground, and hold for 5 seconds.
• Don't move hips or weight to right leg.
• During all movements players maintain a flat back (bridge).

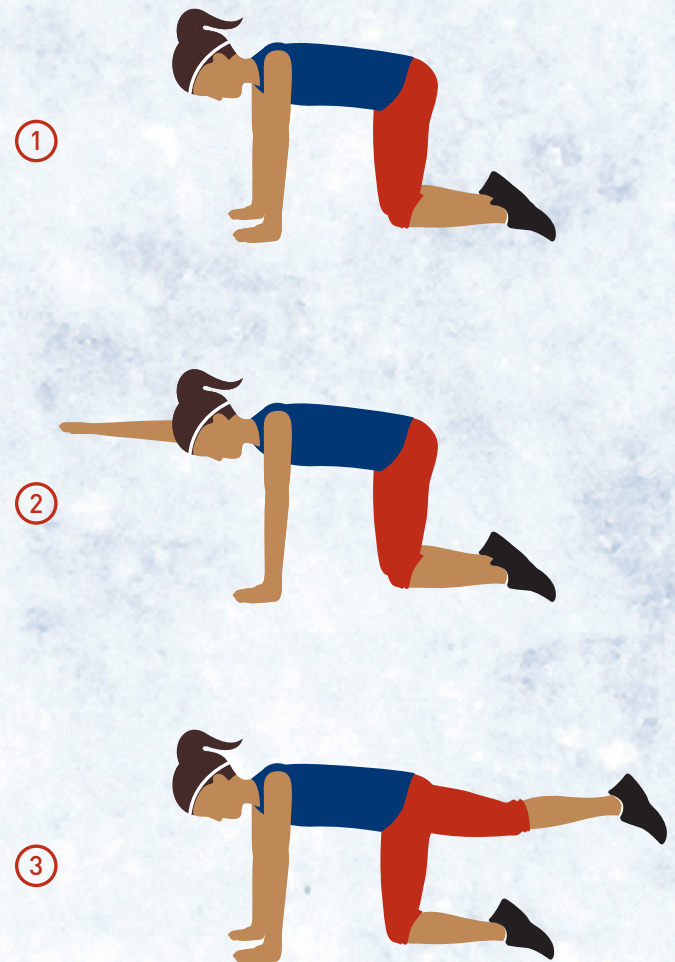
ADVANCED

Have players lift a single arm or leg and move it in slow controlled movements across the body and out to the side.



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BIRD DOG



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CRAB WALK

STATIONARY

- 1 • Sit on floor with hand about a foot behind glutes.
- 2 • Alternate lifting opposite hands and legs in place.
 - Slow, medium and fast...mix it up.
 - Play "follow the leader" or "simon says." Be predictable at first when calling out cues, then challenge the players with more unpredictable commands.

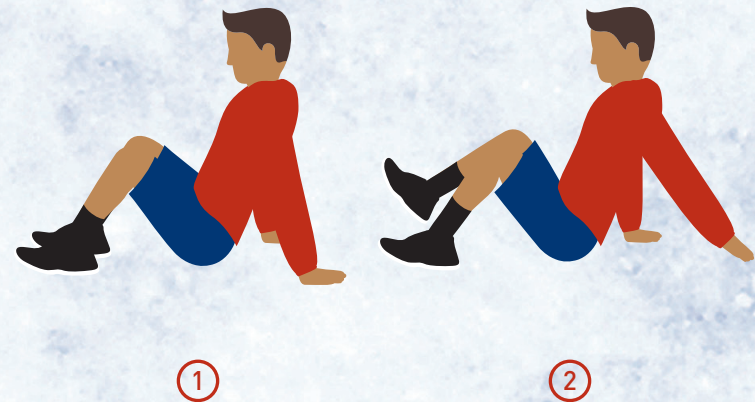
MOVEMENT

Forward: Start in Crab Walk position and walk forward 10 yards.
Backward: Start in Crab position and Walk backward for 10 yards.
Lateral: Players Crab Walk sideways 10 yards each way.



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CRAB WALK



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ROCK CLIMBING

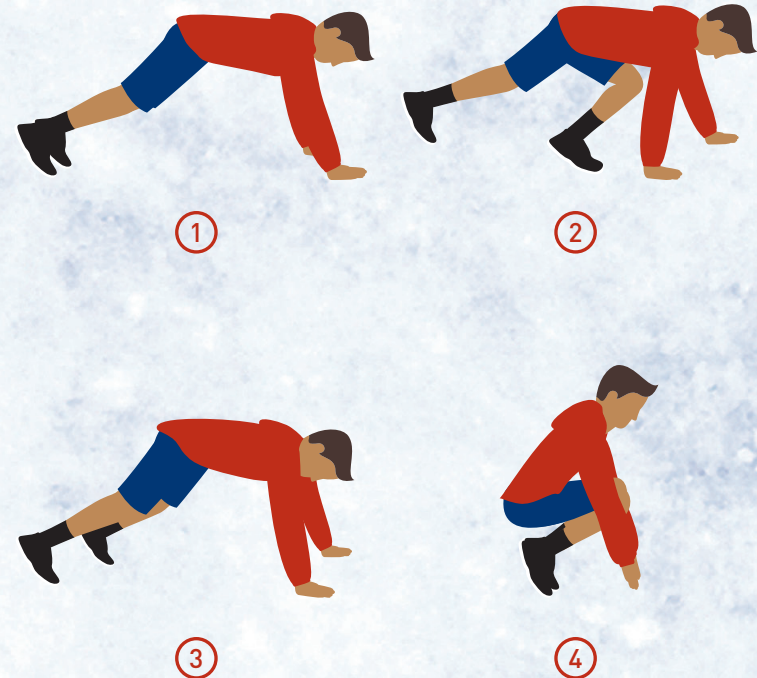
MOVEMENT

- ① • Start on all fours.
- ② • Bear Crawl the cliff by moving opposite feet and hands walking on all fours forward.
- ③ • Watch out for snakes and cactus.
- ④ • Walk laterally to the left 10 feet and then to the right 10 feet.
- ⑤ • To get up over the lip of the rocks, stop and walk hands forward then hop feet to hands.
- ⑥ • Repeat this movement 3 times.
- ⑦ • Rappel back down to bottom of mountain by walking on all fours backward to starting point.



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ROCK CLIMBING



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WAVE SURFING

MOVEMENT

- 1 • Start sitting on the surf board (floor) with legs crossed and in the air.
 - Wave arms and rotate core (arms moving forward to backward) to ride the waves.
 - Don't let feet or hands touch the water (floor), these are shark infested waters!
- 2 • Roll over onto belly, moving arms and legs, simulating paddling on the surf board.
- 3 • Jump up and stand on the board in a squat position, moving trunk and arms as if to maintain balance while riding the wave.
 - Catch another wave and repeat.

ADVANCED

While standing in a squat position on the board, players perform a 180 degree jump landing softly to avoid falling into the shark infested waters.



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WAVE SURFING

