

6U/8U - RUNNING & JUMPING

# STAR JUMPS SCISSOR JACKS

## ① STAR JUMPS STATIONARY

- Stand with knees slightly bent.
- Squat down with hands by sides.
- Explode up into the air into the shape of a star, extending arms and legs out.
- Before landing, pull legs and arms back together so feet touch ground shoulder width apart.
- Drop back into squat position and repeat.
- Complete 5 repetitions without rest.

## ② SCISSOR JACKS STATIONARY

- Stand in a position with feet together and arms down by side.
- Jump spreading legs and swinging arms to the sides.
- Jump crossing legs and crossing arms in front of chest.
- Jump spreading legs and swinging arms to the sides.
- Jump swing opposite arm and leg in front (carioca movement).
- Repeat.

### MOVEMENT

Perform Star Jumps or Scissor Jacks moving forward 10 yards.  
Perform Star Jumps or Scissor Jacks moving laterally 10 yards.

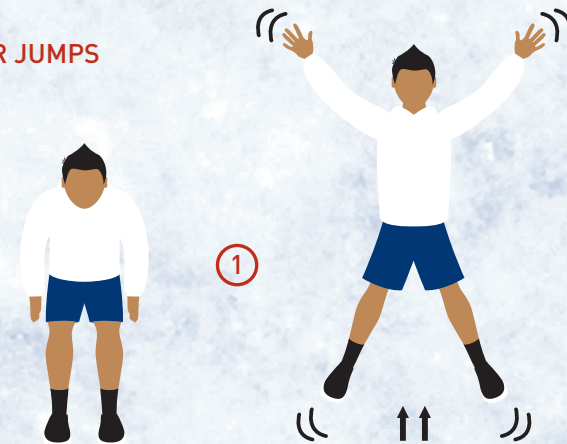
*All players perform Star Jumps or Scissor Jacks moving in a circle. Players work on timing while avoiding running into each other.*



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