

6U/8U - RUNNING & JUMPING

## CARD CATCHERS

### ① SETUP

- Divide players into groups of 3 and line up single file.
- Each group needs several playing cards.
- A coach or one player stands 5-8 feet in front of each group (single file).

### ② MOVEMENT

- The coach or player throws 1 card up into the air.
- The player in line attempts to catch the card as it flutters to the ground.

### ADVANCED

The coach makes the game more challenging by asking the players questions as they catch the card.

Examples:

- What's your favorite color?
- What grade are you in?
- Are you right or left handed?



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