

6U/8U - RUNNING & JUMPING

JUMPING JACKS SEAL JACKS

① JUMPING JACKS STATIONARY

- Stand in a position with feet together and arms down by side.
- Jump to a position with the legs spread wide and the hands touching overhead.
- Jump back to starting position.

② SEAL JACKS STATIONARY

- Stand in a position with feet together and arms extended in front of chest at shoulder level.
- Jump spreading legs and swinging arms to the sides.
- Jump back to starting position.

MOVEMENT

Perform Jumping Jacks or Seal Jacks moving forward 10 yards.
Perform Jumping Jacks or Seal Jacks moving laterally 10 yards.

ADVANCED

All players perform Jumping Jacks or Seal Jacks moving in a circle. Players work on timing while avoiding running into each other.



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JUMPING JACKS



①



SEAL JACKS



②

