

6U/8U - UPPER & LOWER BODY

LONG JUMP

SETUP

- Mark the starting line with a piece of tape on the floor or use a hockey stick.

MOVEMENT

- 1 • Place toes behind the line.
- 2 • Have players jump as far forward as they can from starting line.
- 3 • Place a piece of tape with their name at the first landing spot (where heel of foot strikes the ground).
 - Do the same for all players in the station.
 - Have each player complete 5-10 jumps.

*Encourage players to jump farther than their first attempt.
If the player succeeds, move their marker.*

ADVANCED

To work on deceleration, mark an attainable distance and have players try to jump to the target. Players should jump as close to the line as possible without going over it.



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