

6U/8U - UPPER & LOWER BODY

SITTING STAND UP & BACK TO BACK STAND UP

SETUP

- Divide players into partners.

SITTING STAND UP MOVEMENT

- 1 • Start by sitting and facing each other with feet in alternating positions.
- 2 • Players grasp partner's hands.
- Count to three and pull each other up to a standing position.
- Count to three again and squat down sitting back into starting position.
- Repeat 5 times and switch partners.

BACK TO BACK STAND UP MOVEMENT

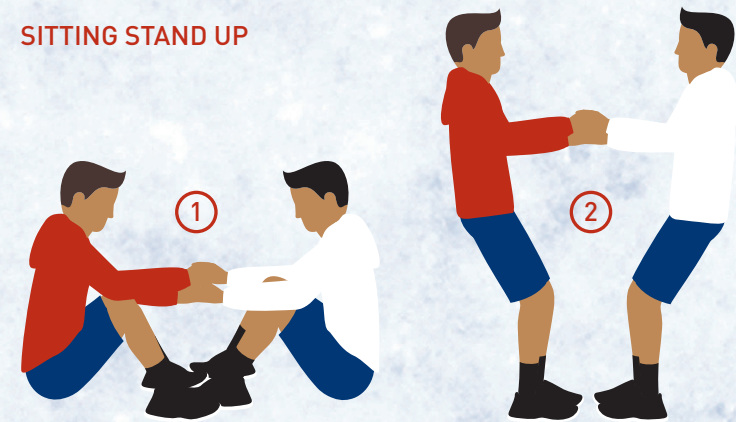
- 1 • Start sitting back to back.
- Players interlock arms.
- Count to three.
- 2 • Stand up pushing through the legs and pushing into partner.
- Count to three.
- Push against partner to return to sitting position.
- Repeat 5 times and switch partners.



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BACK TO BACK STAND UP

