

10U/12U PHASE I - CORE & BACK

BEAR CRAWL

STATIONARY

- ① • Start on all fours in push-up position.
- ② • Pick up right hand and left leg, driving knee towards chest.
• Return right hand and left leg to push-up position.
• Immediately lift left hand and right leg off floor driving knee towards chest.
• Repeat for 15-30 seconds.

MOVEMENT/CIRCLE

- Use opposite arm and leg to perform movement.
- Lift right foot and extend to the right while lifting left hand and extending to the left to move counter clockwise.
- Lift left foot and extend to the left while lifting right hand and extending to the right to move clockwise

REACTIVE

Once players have movement down coach can make this drill reactive by reversing directions.



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