

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.

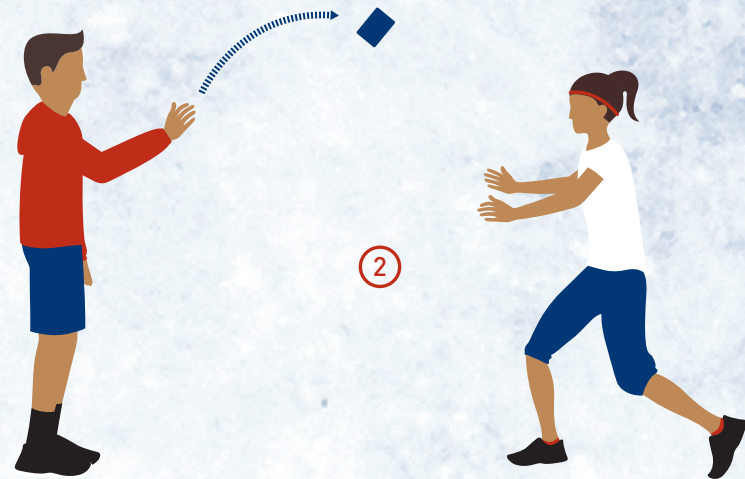
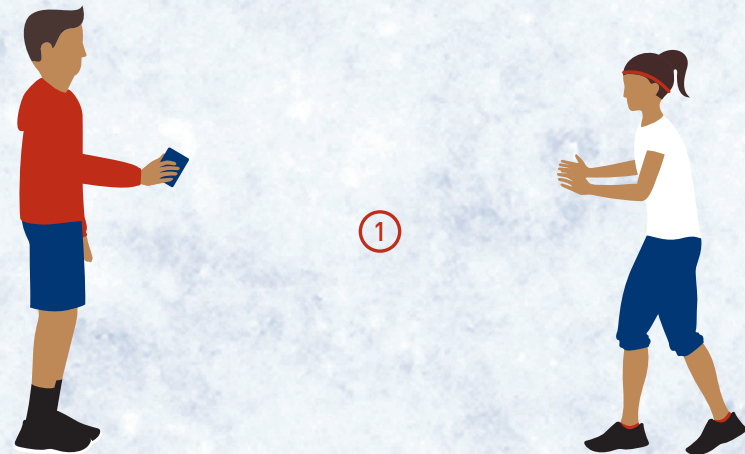
Examples:

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



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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

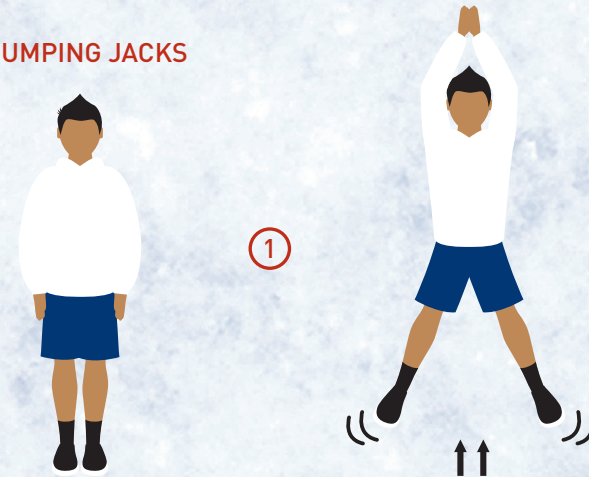
All players perform Jumping Jacks or Seal Jacks moving in a circle. Players work on timing while avoiding running into each other.



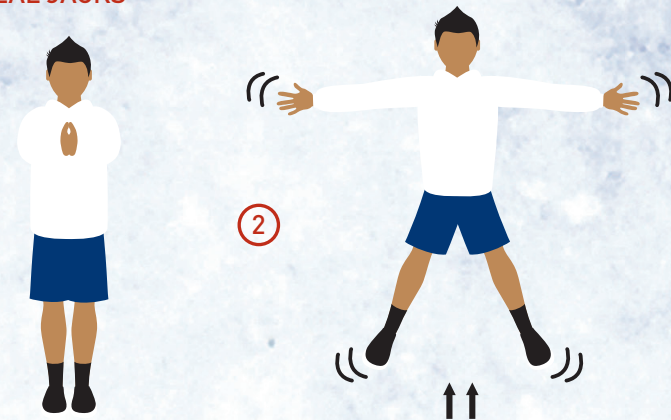
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JUMPING JACKS SEAL JACKS

JUMPING JACKS



SEAL JACKS



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RELAY RACE

SETUP

- Divide players into two equal groups.
- Set up two cones 20 feet apart from each other.

① MOVEMENT

- Players sprint to touch cone #2, sprint back through cone #1, high five next player in line to initiate their turn.
- First team to get all players across start line wins.

Be creative and have them sprint forward, backward, laterally, skip, carioca...



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RELAY RACE



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STAR JUMPS SCISSOR JACKS

1 STAR JUMPS STATIONARY

- Stand with knees slightly bent.
- Squat down with hands by sides.
- Explode up into the air into the shape of a star, extending arms and legs out.
- Before landing, pull legs and arms back together so feet touch ground shoulder width apart.
- Drop back into squat position and repeat.
- Complete 5 repetitions without rest.

2 SCISSOR JACKS STATIONARY

- Stand in a position with feet together and arms down by side.
- Jump spreading legs and swinging arms to the sides.
- Jump crossing legs and crossing arms in front of chest.
- Jump spreading legs and swinging arms to the sides.
- Jump swing opposite arm and leg in front (carioca movement).
- Repeat.

MOVEMENT

Perform Star Jumps or Scissor Jacks moving forward 10 yards.
Perform Star Jumps or Scissor Jacks moving laterally 10 yards.

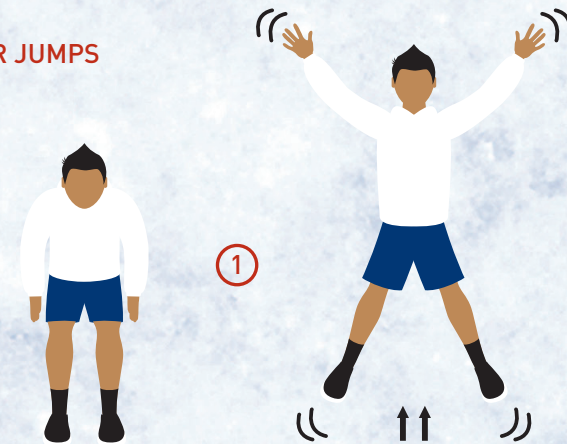
All players perform Star Jumps or Scissor Jacks moving in a circle. Players work on timing while avoiding running into each other.



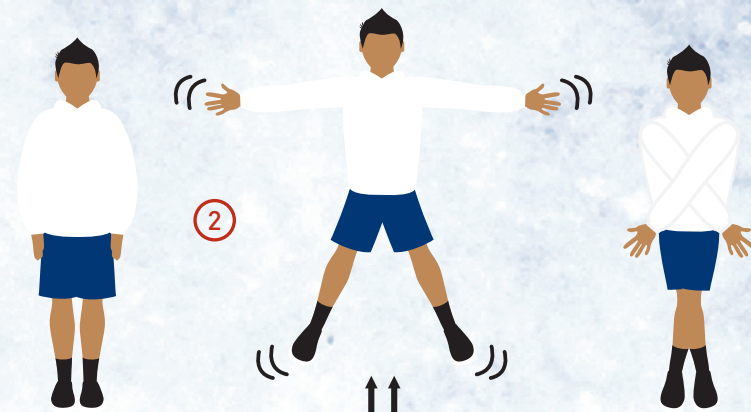
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STAR JUMPS SCISSOR JACKS

STAR JUMPS



SCISSOR JACKS



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STICK CATCHERS

① SETUP

- Divide players into partners.
- Each player has a hockey stick resting on the butt end of the shaft.
- Players stand 3 feet apart with stick positioned in left hand.

② MOVEMENT

- One player counts 1, 2, 3...on 3 each player lets go of his/her stick, and explodes to catch partner's stick before it falls to the ground.

ADVANCED

After 3 successful attempts at 3 feet apart, players progress to 4 feet and then 5 feet apart.

Switch to right hand after a few repetitions.



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