

6U/8U - UPPER & LOWER BODY

HAND WRESTLING & CIRCLE WRESTLING

HAND WRESTLING

SETUP

- Divide players into partners.
- Pair up players of similar size.

MOVEMENT

- 1 Grasp partner's right hand like a handshake.
- 1 Place left foot forward and right foot back.
- 2 Try to make partner move their front or back foot.
- 2 Repeat with right foot forward and left foot back.
- 2 Grasp partner's left hand like a handshake.
- 2 First player to 5 wins.
- 2 Switch partners and repeat

CIRCLE WRESTLING

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Draw 2 circles on the ground that are touching each other and are 2 feet in diameter.
- 1 Each player stands in a circle.

MOVEMENT

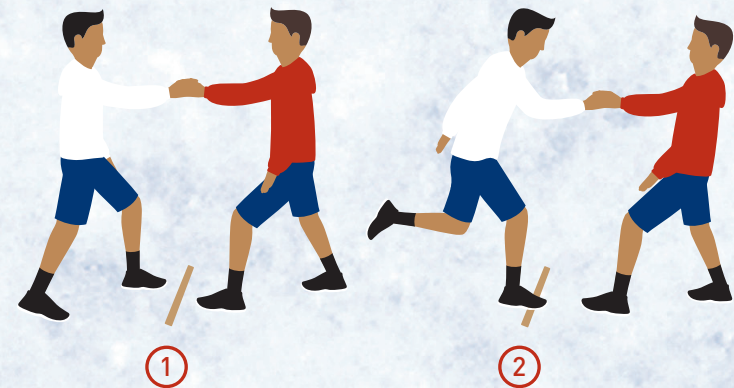
- 2 The objective is to push or pull each other out of the circle without stepping out of your own.
- 2 First player to 5 wins.
- 2 Switch partners and repeat.



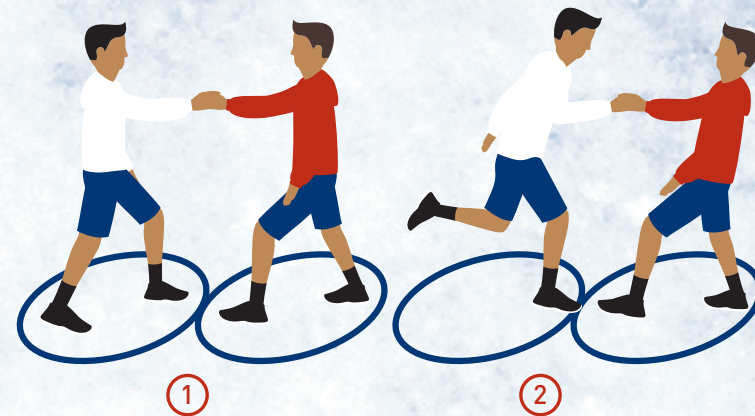
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CIRCLE WRESTLING



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LEAP FROG

① MOVEMENT

- Stand in a wide squat stance with toes pointed out.
- Squat down into a 3/4 stance.
- The lower the squat the harder the exercise.
- Leap Frog forward 2 jumps, then backward 2 jumps for 20-30 seconds.

LATERAL MOVEMENT

- Stand in a wide squat stance with toes pointed out.
- Squat down into a 3/4 stance.
- The lower the squat the harder the exercise.
- Leap Frog to the right 2 times, then back to the left 2 times for 20-30 seconds.

Once players have the technique down have them Leap Frog in a designated area playing tag.



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LEAP FROG



①



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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.*

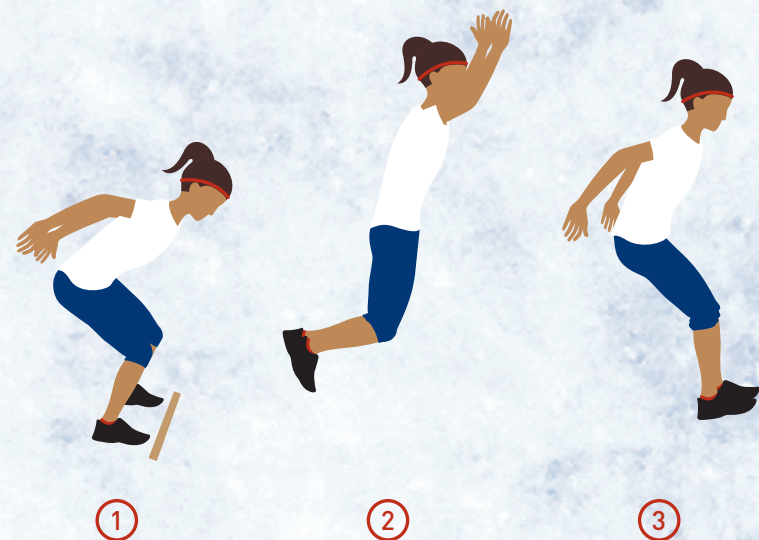
ADVANCED

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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LONG JUMP



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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.
- 3 • Count to three and pull each other up to a standing position.
- 4 • Count to three again and squat down sitting back into starting position.
- 5 • Repeat 5 times and switch partners.

BACK TO BACK STAND UP MOVEMENT

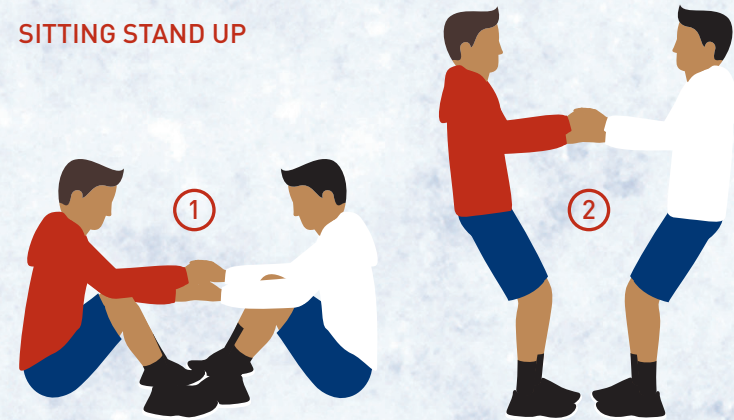
- 1 • Start sitting back to back.
- 2 • Players interlock arms.
- 3 • Count to three.
- 4 • Stand up pushing through the legs and pushing into partner.
- 5 • Count to three.
- 6 • Push against partner to return to sitting position.
- 7 • Repeat 5 times and switch partners.



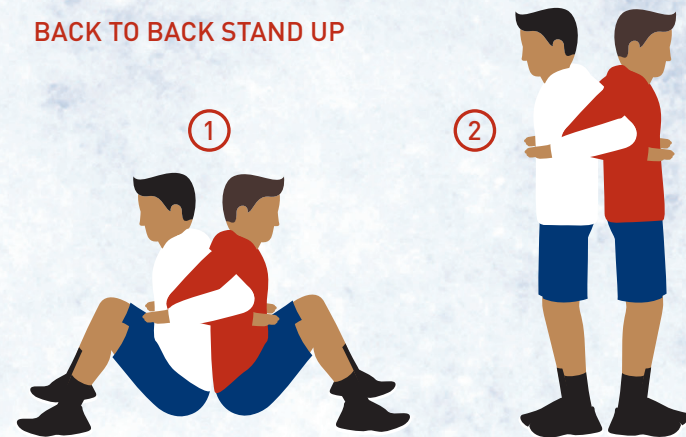
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SITTING STAND UP & BACK TO BACK STAND UP

SITTING STAND UP



BACK TO BACK STAND UP



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TUG OF WAR & PUSH OF WAR

SETUP

- Divide players into partners.
- Separate players from their partner by a line on the ground (use tape).

① MOVEMENT - TUG OF WAR

- Players reach across line to grasp partner's hands (right handed and left handed shake).
- ### ②
- Players try to pull partner across the line.
 - If successful, player receives a point.
 - First player to 5 points wins, then switch partners.

① MOVEMENT - PUSH OF WAR

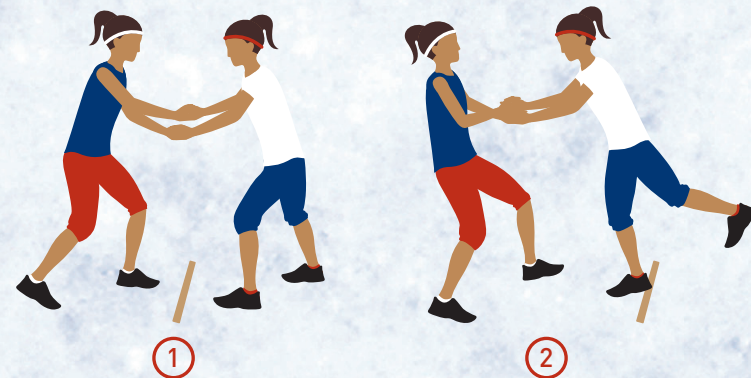
- This game is similar to **TUG OF WAR** except the players are pushing each other.
- ### ②
- Players try to cross the line with both feet.



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TUG OF WAR & PUSH OF WAR

TUG OF WAR



PUSH OF WAR

