

6U/8U - CORE & BACK

WAVE SURFING

MOVEMENT

- 1 • Start sitting on the surf board (floor) with legs crossed and in the air.
 - Wave arms and rotate core (arms moving forward to backward) to ride the waves.
 - Don't let feet or hands touch the water (floor), these are shark infested waters!
- 2 • Roll over onto belly, moving arms and legs, simulating paddling on the surf board.
- 3 • Jump up and stand on the board in a squat position, moving trunk and arms as if to maintain balance while riding the wave.
 - Catch another wave and repeat.

ADVANCED

While standing in a squat position on the board, players perform a 180 degree jump landing softly to avoid falling into the shark infested waters.



6U/8U - CORE & BACK

WAVE SURFING

