

6U/8U - CORE & BACK

# BIRD DOG

## MOVEMENT

- ① • Kneel on the floor with hands firmly placed about shoulder width apart.
- ② • Point right arm out straight in front of body, parallel to the ear, and hold for 5 seconds.  
• Return hand to floor.  
• Point left arm out straight in front of body, parallel to the ear, and hold for 5 seconds.  
• Return hand to floor.
- ③ • Brace the abdominals, extend right leg off the ground, and hold for 5 seconds.  
• Don't move hips or weight to left leg.  
• Brace the abdominals, extend left leg off the ground, and hold for 5 seconds.  
• Don't move hips or weight to right leg.  
• During all movements players maintain a flat back (bridge).

## ADVANCED

Have players lift a single arm or leg and move it in slow controlled movements across the body and out to the side.



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