

6U/8U - CORE & BACK

BEAR CRAWL

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MOVEMENT / FORWARD

- Start on all fours.
 - Pick up right hand and left leg, extend forward.
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- Pick up left hand and right leg, extend forward.
 - Players Bear Crawl forward for 10 yards.

MOVEMENT / BACKWARD

- Start on all fours.
- Lift right hand and left foot extend backward quickly, alternating arms and legs.
- Players Bear Crawl backward for 10 yards.

MOVEMENT / LATERAL

- Start on all fours.
- Lift right hand and right leg extend to the right, repeat.
- Players Bear Crawl sideways each way for 10 yards.

Once all three movements are introduced, coach calls out "Bear Crawl forward," "Bear Crawl backward," or "Bear Crawl lateral." The players perform the exercise on command.



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