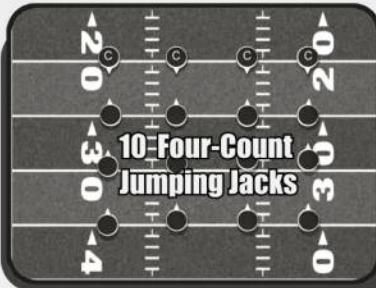


Jumping Jacks



01 ★
On command, team executes 10 4-count jumping jacks, counting off in unison.



02 ★
Each count of 4 is comprised of 2 jumping jacks.



03 ★
The count is "1, 2, 3, 1... 1, 2, 3, 2" and so on.



04 ★
Each player begins with his feet together and hands at his sides.



05 ★
In one motion, he jumps and spreads his legs wider than shoulders and swings his arms over his head. As he does this, he counts out "1."



06 ★
At height of his jump, he swings his arms to his sides and brings legs together to land in starting position. As he does this, he counts out "2."



07 ★
He repeats the motions, counting "3" on his way up and "4" as he touches down.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.