

Push Them Over Game



Exercise Objectives:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing.

Field Preparation

☆ 2 Players

Coaching Pointers:

This is a fun game to incorporate into your warm up activity. It also develops balance, strength and timing. Divided your group of players into pairs. Each pair faces each other with hands in front and legs closed. Players stand approximately 1 foot apart. The object of the game is to try and make your partner move their feet by unbalancing them. Contact can only be made by pushing the partners hands. Points are awarded each time a player moves their partners.

If a player touches another players chest, their partner receives a point. A player can quickly move their hands away and make a player touch their chest.

First player to 5 points wins. Rotate players to challenge new opponents. Players should keep their legs closed and ankles touching.