



Push/Pull: Sumo Wrestling

Equipment:

Stability ball, marker cones x8.

Set-up:

Create a circle using the 8 marker cones each placed approximately 3 paces from the center to each cone. Stability ball will need to be in the center of the circle.

Description:

The aim of this game is to push your opponent out of the circle without touching them. The stability ball is placed between the 2 students who press the ball against one another at chest height.

Instructions:

The activity will begin with the stability ball being pressed between the 2 students chests. On the coach's command to start, the students try to push the opponent out of the circle by pushing on the ball. The student that wins the most match-ups wins overall.

Scoring:

Student that wins the most match-ups scores a 3, runner-up scores 4, and all others in group score a 5.

