



## Push/Pull: Tug 'O' War

### Equipment:

10 foot long rope, marking tape.

### Set-up:

Lay the rope on the ground stretched out. Mark a line with the tape on the floor where the center of the rope lies.

### Description:

This activity involves two students trying to overpower one another. The aim of the activity is to pull your opponent over the center line. This requires strength, balance, and stability.

### Instructions:

This activity requires two students to dual against one another. The students grab hold of the rope at opposite ends and take up the slack in the rope. The coach makes sure the middle of the rope is positioned over the line on the floor. At this point the coach will begin the contest by shouting "pull". The contest is over if either student is pulled over the center line or lets go of the rope.

### Scoring:

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

