



## Push/Pull: Tip The Giant

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### Equipment:

N/A

### Set-up:

N/A

### Description:

This activity will involve the coach stabilizing themselves on the ground with their hands and feet while the student tries to push them over. The student is asked to demonstrate strength from the lower and upper body.

### Instructions:

The coach sets up as the giant on their hands and feet and tries to stay in that position while the student tries to topple the giant over. The student can only push and is not allowed to touch the giant's arms or legs. The student has only one minute to topple the giant. Only one student plays at a time and they rotate turns after the minute is up.

### Scoring:

The coach awards scores depending on how successful the student was. If they demonstrated enough strength to topple the giant then they score a 3. If the giant was not toppled then the student scores a 4.

