

6U/8U - UPPER & LOWER BODY

TUG OF WAR & PUSH OF WAR

SETUP

- Divide players into partners.
- Separate players from their partner by a line on the ground (use tape).

① MOVEMENT - TUG OF WAR

- Players reach across line to grasp partner's hands (right handed and left handed shake).
- ② • Players try to pull partner across the line.
- If successful, player receives a point.
- First player to 5 points wins, then switch partners.

① MOVEMENT - PUSH OF WAR

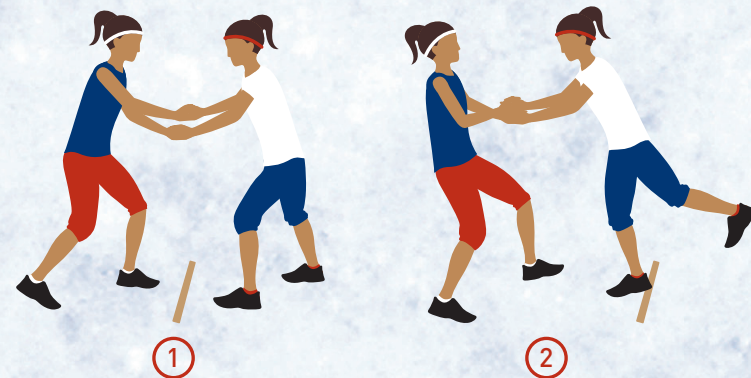
- This game is similar to **TUG OF WAR** except the players are pushing each other.
- ② • Put both hands up palm to palm with partner.
- Players try to cross the line with both feet.



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TUG OF WAR



PUSH OF WAR

