

10U/12U PHASE II - UPPER & LOWER BODY

HOPPING TUG OF WAR & PUSH OF WAR WITH STICK

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Hockey stick is held horizontally by both players with both hands.

MOVEMENT

- 1 Both players hop on one foot.
- 2 Perform half of the interval hopping on the left foot and half on the right foot.
- 2 Pull and push partner trying to make them place foot in the air on the ground to maintain balance.

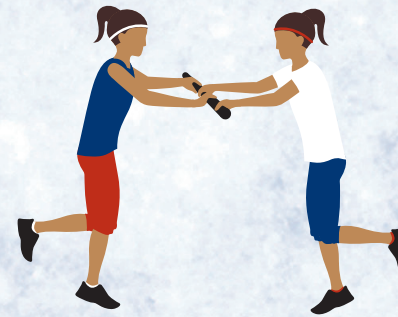
*1 point for each victory-first player to 5 wins.
Switch partners and repeat.*



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1



TUG OF WAR

2



PUSH OF WAR

