

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

HOPPING TUG OF WAR & HOPPING PUSH OF WAR

HOPPING TUG OF WAR

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Separate partners with a line (tape or chalk) on the floor.

MOVEMENT

- 1 Both players hop on one foot.
- Perform half of the interval hopping on the left foot and half on the right foot.
- 2 Try to pull partner across the line.
- 1 point for each victory-first player to 5 wins.
- Switch partners and repeat.

HOPPING PUSH OF WAR

SETUP

- Divide players into partners.
- Pair up players of similar size.
- Separate partner with a line (tape or chalk) on the floor.

MOVEMENT

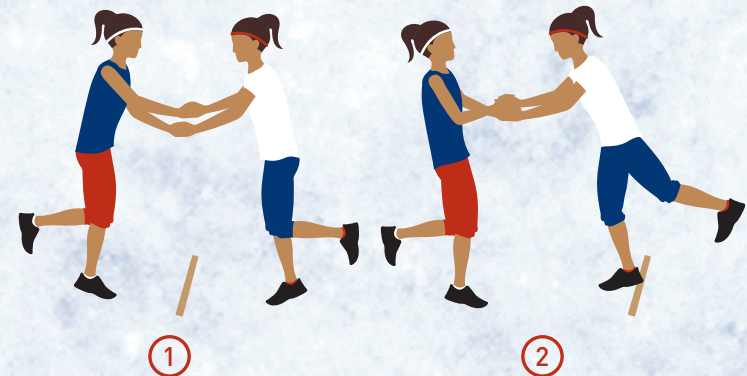
- 1 Both players hop on one foot.
- Perform half of the interval hopping on the left foot and half on the right.
- 2 Try to push partner across the line.
- 1 point for each victory-first player to 5 wins.
- Switch partners and repeat.



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