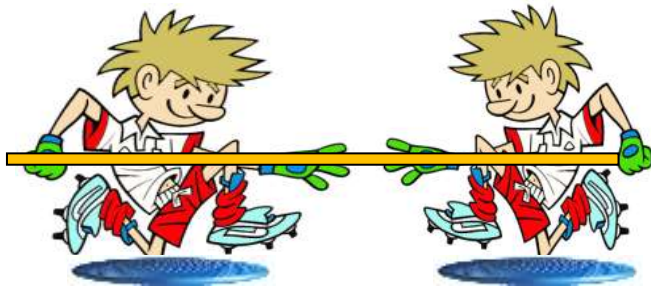


STATION 3: BALANCE

Activity: Tug of War



RULES – HOW TO PLAY

- **Players hold on to rope and try to dislodge opponent from their mat.**
- **Players stand on mat holding their end of the rope.**

FOCUS

- **To test coordination and strength while unbalanced**



HARDER

- Make the mats smaller
- Make players stand on one foot
- Use one hand only to pull partner off balance.

EASIER

- Bigger mat or hoop for children to stand in
- Use two hands to pull partner off balance.

COACHING POINTS

HEAD

- Head up facing opponent

HANDS

- Hands hold rope tightly

FEET

- Keep 1 foot in front of the other and knee's bent slightly

EQUIPMENT

- Rope
- Small mat
- Hoop (optional)