

One On One Tug of War

Objective:

One on One Tug of War is a simple game that takes no time to set up and brings multiple benefits to your overall youth athlete training program. One on One Tug of War will:

- Develop and improve balance as force is being applied to the body.
- Increase core strength.

Materials:

None required

Procedures:

1. Pair off athletes into groups of two.
2. Partners face each other and clasp hands as if arm wrestling.
3. Instruct them to lift one foot off of the floor and keep it off the floor.
4. On the go signal, partners will push and pull against their partner with the goal being to force their partner to put their foot back down on the floor.
5. Have the partners perform a few rounds with each hand.
6. Have the partners switch to new partners every few rounds.