

Pushup Hockey

Objective:

Pushup Hockey is a fun, simple game that gets the upper body and core stronger. In this game your athletes will:

- Increase core strength through static contractions and unstable positions.
- Increase upper body muscular strength.
- Increase upper body muscular endurance.

Materials:

Hand-sized bean bags

Procedures:

1. Pair participants into groups of two.
2. Each group of two gets one bean bag.
3. To begin, both participants get into a pushup position facing each other.
4. One person starts with the bean bag. While remaining in a pushup position, they try to slide the bean bag across the floor so that it passes through their opponents hands to score a point. The opponent tries to block the bean bag from passing through their hands. Continue back and forth.