



Push up Game

Skill - Catching, Passing, & Attacking Fundamentals

TYPE

Game

AGE

11 +

Aim

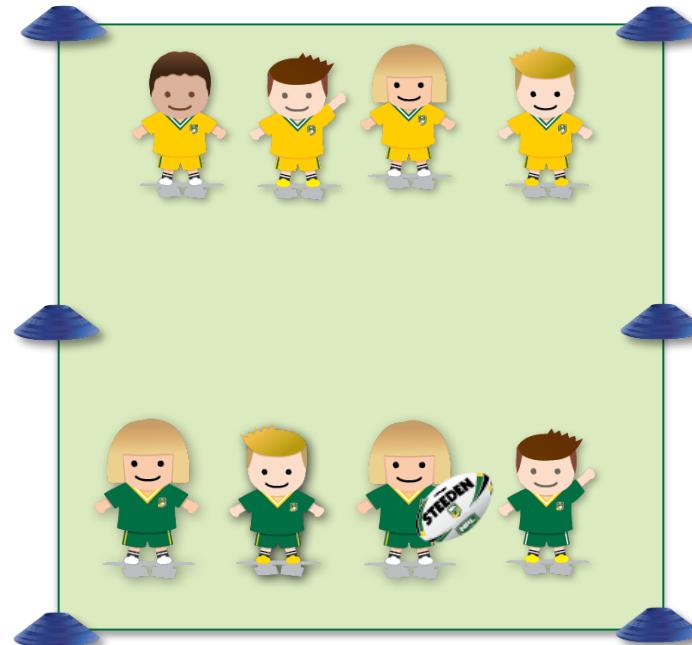
- » Encourage players to push up in support of the ball carrier.

Description

- » The ball carrier must have a genuine support runner at all times.

Consequence

- » If the ball carrier does not have a genuine support runner, they lose possession of the ball.



Equipment



x (6) Markers



Whistle



x (1) Football

Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



PLAYNRL.COM