



# Push up Game

Skill - Catching, Passing, & Attacking Fundamentals

TYPE  
Game

AGE  
11+

## Aim

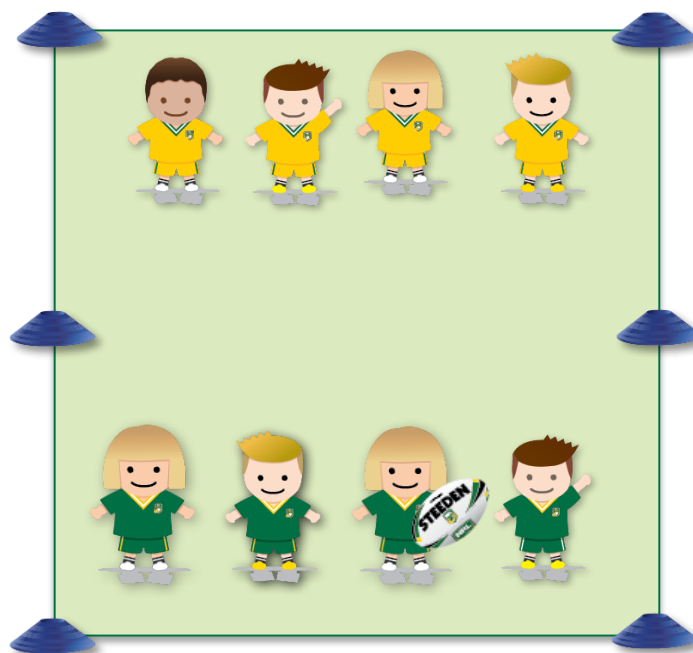
- » Encourage players to push up in support of the ball carrier.

## 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.



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