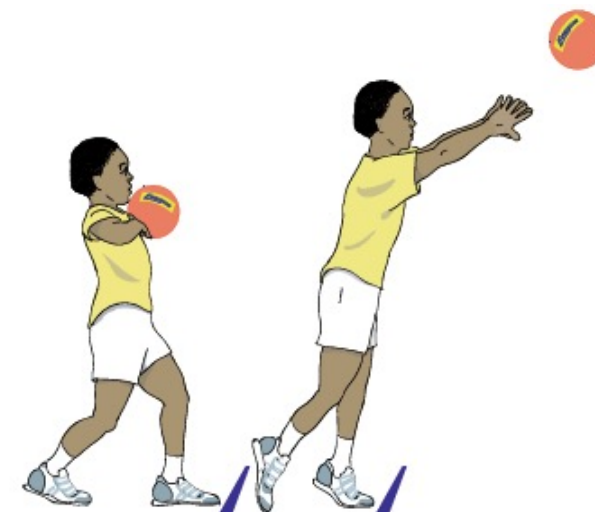


CHEST PUSH

- Place your throwing line/marker on the floor
- Throwers stand behind the throwing line with 2 feet on the ground
- Throw the ball from the chest using 2 hands as far as you can without your feet leaving the floor
- Measure from where the ball first bounces back to the throwing line.
- Each thrower has 3 attempts with the longest throw counting as their score

PUSH



TOP TIPS

THINK ABOUT THE ANGLE YOU THROW THE BALL AND HOW THIS WILL AFFECT THE DISTANCE THE BALL TRAVELS.

EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO START AND FINISH.
BALL- FOOTBALL OR BASKETBALL
TAPE MEASURE

CNSSP

CREWE & NANTWICH
SCHOOL SPORTS
PARTNERSHIP

TOWN SPORTS 2021

BRINGING SCHOOLS TOGETHER AGAIN