



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier  
Education

## Chest Push

Sponsored by Premier Education



**Overview:** A different kind of throwing that's neither underarm or overarm.

**Time:** 10 minutes.

**Equipment required:** Open space, tape measure or markers, a large ball or something soft to represent a ball (rolled up pillow, for example).

### Benefits:

- Builds power and speed in the arms and chest.
- Can be enjoyed indoors.
- Teaches an under-practiced throwing technique.

### Preparing:

1. Find an open space without any valuable objects nearby. Outdoors is best, if possible.
2. Line up a tape measure at the side to measure the distance of the throw. If you don't have one, use objects as markers for a score, e.g. ball landing near first marker is 10 points, 2nd marker 20 points and so on.
3. Use tape or an item to mark on the floor where the throwers should be.
4. If you have a helpful volunteer around, they can be ready to catch any balls that might roll away!

### Playing:

1. Have the players sat down with their legs out in front and their feet behind the throwing line.
2. Throwers hold the ball to their chest and then push it as far forward as they can, using both arms at once.
3. The distance is measured to the point the ball first touches the floor.
4. Take the score from best of three throws.
- 5 Tip: aim to push slightly upwards so the ball travels through the air a little further.