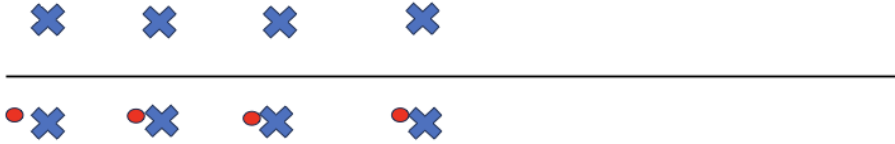


### **Mini Game: Tug-of-War Throwing**

- Setup
  - 4-30 participants. 1 disc per pair.
  - Participants line up along two lines standing roughly 5 yards across from their partner. Be sure to allow 5-10 yards between groups to ensure enough space to throw freely.
- Rules
  - Have participants begin tossing the disc to each other. For every throw they complete, each participant takes a step back. For every throw they throw incomplete, participants must take a step in. You can play timed rounds and let participants throw/move freely or, for more consistency, have all participants throw the disc in unison from each side
- Skills Being Developed: throwing + catching
- Adjustments
  - Give a specific throw to work on for each round (e.g. “this round it’s all forehands”)
  - Turn it into an elimination game. If a pair drops it, they’re eliminated and must wait until the next round to rejoin
  - You can adjust how far a receiver is allowed to move to catch a disc (more movement = easier, less movement = harder). Often, receivers are not allowed to move forward once their partner releases it towards them.
  - Have participants switch partners every round

**Tug-of-War Throwing: Starting Position**



**Tug-of-War Throwing: Active Play**

