

# Tug of War



## Navigating a changing body

<b>TIMING:</b>	20 mins
<b>WHAT:</b>	Movement Activity
<b>WHEN:</b>	Training Activity
<b>WHO:</b>	Team

### ACTIVITY SUMMARY

This tug-of-war with a twist is a helpful activity to open up discussion about how to navigate change and the impact it can have on a young player's experience in sports. It goes without saying that living in a changing body while playing sports isn't easy, and it's important to acknowledge and normalise their experiences.

### SET-UP AND GEAR

- A large rope, a central marker on the ground
- An open space

### INTENDED OUTCOMES

Create a space where your young players can openly discuss the challenges of navigating change.

## Activity Outline

**2 mins  
(set-up)**

Divide your team in two and give everyone a number. Team One has players numbered 1-10, and Team Two also has players numbered 1-10. There should be two of every number, one on each team.

Lay out the rope and have your teams line up and ready to pull. The goal of the game is to pull the other team across the central marker to the other side.

**5 mins**

On your whistle, both teams start pulling on the rope. The team that pulls the other team across the marker wins.

But there is a twist!

You must call out a number (for example, #3), and the players given the number 3 have to drop the rope and swap places with the number 3 on the other team.

Now they are on the opposite team, trying to win for their new team. Repeat, swapping different players over and back, until one team pulls the other across the line.

## Activity Outline (CONTD.)

**10 mins** This game can be repeated a number of times. Once players have the hang of it, you can call a few numbers at once, so players 2, 7 and 8 all swap at once etc.

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**5 mins** At the end of the game, you can call both teams into a huddle and ask them to discuss the following questions:

### Discussion

- Was it frustrating to be changing sides of the rope?
- How did they find constantly changing teams?
- What was helpful and what got in their way of pulling on the rope as a team.

## Tips & Tricks

It's a good idea to allocate a specific side for players to run from. If they are coming from side A of the rope, they run on the right; if they are coming from side B, they run on the left. This removes the potential for players to run into each other, especially if multiple numbers are being called.

### PILLAR INSIGHTS

This fun game is an easy way to bring up the topic of change and how change can make things a lot more difficult to navigate.



### BIOLOGICAL

Navigating puberty can be a challenging journey for young players as their bodies undergo significant biological changes. From growth spurts to hormonal shifts, this period introduces a new set of experiences that can impact how they turn up to training. Creating fun and supportive environments where young players can talk about change is a great place to start.