



WEEK 3 – MAIN ACTIVITY 1

CHEST PUSH – ACTIVITY CARD

FOCUS: Chest Push & Power

YEAR 5/6 (9–11 YEARS)

EVENT: Chest Push



ABOUT THE ACTIVITY

The chest push develops upper body strength and power. Pupils push the 1kg chest push ball from the front of the line as far as possible using correct technique.



TRAINING TECHNIQUES

1

Starting Position

Stand tall, feet shoulder-width apart, ball against the chest.

2

Step and Set

Step one foot forward and bend knees slightly. Keep your back straight.

3

Push

Drive the ball forward from the chest using both hands. Extend arms fully.

4

Follow Through

Lean forward and step through slightly. Watch the ball.

5

Recovery

Walk back to collect the ball and get ready for your next attempt.

CHEST PUSH TECHNIQUE



1. START

Feet shoulder-width apart.
Ball held against the chest.
Stand behind the line.



2. PREPARE

Step one foot forward.
Slightly bend knees.
Keep back straight.



3. PUSH

Push the ball forward
from the chest.
Extend both arms fully.



4. FOLLOW THROUGH

Lean forward and
step through slightly.
Watch the ball.

THROWING
LINE

KEY TECHNIQUE POINTS

BALL TO CHEST



Hold the ball
against your chest
before you push.

STEP FORWARD



Step one foot
forward to help
generate power.

PUSH FORWARD



Push the ball
forward from
your chest.

ARMS STRAIGHT



Straighten both
arms to send the
ball further.

FOLLOW THROUGH



Lean forward
and watch the
ball travel.

COMMON FAULTS TO AVOID

- ✗ Stepping over the line
- ✗ Pushing with one hand
- ✗ Not stepping forward
- ✗ Bent arms when pushing

- ✗ Leaning back
- ✗ Not following through
- ✗ Looking down
- ✗ Releasing the ball too low



COACHING CUES

- ✓ "Ball tight to your chest."
- ✓ "Step and push."
- ✓ "Push with both hands."
- ✓ "Straighten your arms."
- ✓ "Lean forward and follow through."
- ✓ "Keep your eyes on the ball."
- ✓ "Push hard and stay balanced."



MAKE IT EASIER

- Use a lighter ball (e.g. 800g).
- Allow a step over the line.
- Push from a closer start to the target zone.
- Use a chest pass into a partner's hands.
- Give pupils more practice attempts.
- Work in pairs or small groups.



MAKE IT HARDER

- Use a heavier 1kg ball.
- Push from further back.
- Reduce practice attempts.
- Compete for distance (personal best).
- Add a run-up (1–2 small steps forward before pushing).
- Compete against a partner or class.



SAFETY

- Ensure a clear runway and landing area.
- Check the area is clear before pushing.
- Stay behind the line until it's your turn.
- Collect the ball safely – no running with the ball.



CHALLENGE YOURSELF!

Can you beat your personal best?
Try to improve your distance or technique
with each attempt.



THINK TEAM!

Encourage your teammates, celebrate their
success and give positive feedback.
Good teamwork helps everyone improve!