



## **Chest Push**

Need length of rope

- Troop counts off 1 to 2
- The ones and twos line up facing each other
- A line is drawn down the middle using the rope
- The youth put their hands behind them, like in Hankeest
- They have to try to cross the rope by pushing each other chest to chest
- After round one, line them up again and start again keep going until one youth wins