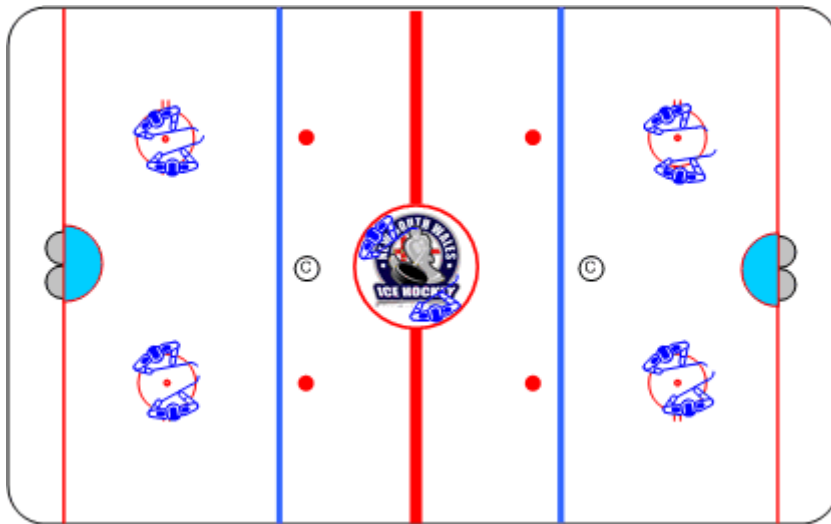




Game: Sumo Agility

Duration: 5 mins

- Without sticks, players battle 1-on-1 in a circle with arms crossed
- A winner is declared when an opponent leaves the circle, falls, or touches the ice with a hand or a knee



Coaching Tips

- Stance
- Contact preparation

Execution Tips

- © to monitor safety
- Potential tournament format