

# Sports That Push and Pull

## Push

Golf	Club pushes ball
Baseball	Hand pushes ball, bat pushes ball
Football	Hand pushes ball
Basketball	Hand pushes ball
Volleyball	Hand pushes ball
Bowling	Hand pushes ball, ball pushes pins
Cycling	Foot pushes pedal
Soccer	Foot pushes ball
Footbag (hacky sack)	Foot pushes sack
Badminton	Racket pushes birdie
Tennis	Racket pushes ball
Racquetball	Racket pushes ball
Ping-Pong	Paddle pushes ball
Frisbee	Hand pushes Frisbee
Horseshoes	Hand pushes horseshoe
Darts	Hand pushes dart
Croquet	Mallet pushes ball

## Pull

Tug-of-war	Hand pulls rope
Fishing	Pole pulls hook and fish
Jump rope	Hand pulls rope

## Both

Archery	Hand pulls string, string pushes arrow
Weight lifting	Hand pulls bar, hand pushes bar
Wrestling	Hand pulls body, hands and body pushes body
Rock climbing	Hand pulls rope and rock, foot pushes rock
Kite flying	Hand pulls string, wind pushes kite