## Lie on Mat and Push Feet Against Wall Moving the Mat Drill Skill Module - Lower Body Conditioning

Start Position



End Position



- Athlete sits at the end and grabs the sides of a panel mat (or lays on their back). Their feet need to be bent and the feet need to be on the wall.
- Athlete pushes with their feet to try to move their body and mat away from the wall.
- Repeat 10 times.

Supplies / Aids:

Video

## **Equipment Needed:**

Panel mat

2 Wall

## Games:

See who can push the mat the most distance.

## Notes: