# PPow.2 Deadlifts with Playground Ball Drill Skill Module - Power

**Description:** Intro to Deadlifts with Playground Ball







## Drill 1

Have athlete:

- Stand with feet shoulder width apart (have lines on the floor to mark where their feet should go)
- Squat keeping knees over ankles. Do not let the knees break 90 degrees (bottom stays above knee level)
- Grab playground ball
- Stand
- Squat and return playground ball to the ground

## Supplies / Aids:

Equip	nent l	Neede	d:
• Playgro	ound bal	I	
Notes:			

**Preschool FUNdamentals** 

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