## **Pushing Mats** Drill Skill Module - Strength **PS.2**

## Description: Intro to Pushing Mats



## Drill I

Using a folded panel mat (or a smaller mat):

- Place hands on one end and push the mat across the floor.
- Forward roll across the mat
- Place hands on the other end of the mat and push it back across the floor.





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**Supplies / Aids:** 

Video

## ipment Needed:

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