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

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