PS.3 Pulling Mats

Drill Skill Module - Strength

Description: Intro to Pulling Mats

Drill 1

Using a folded panel mat (or a smaller mat), have athlete:

- Place hands under one end and lift the mat
- Pull the mat across the floor
- Forward roll across the mat
- Place hands under the other end of the mat and pull it back across the floor

Supplies / Aids:

Video

Equipment Needed:

- Panel Mat

Notes:

STRENGTH SKILL