

Dragging

Area: open

Duration: 3-4 races

Players: 2+

Each player has their own ball.

Each player has own grid for physical distancing

considerations. Players start on one end of their grid. When the coach says “go” the players drag the ball with the soles of their foot backwards to the opposite end of their grid.

Variations: see how close in between the cones they can get. Left foot down right foot back. Can they go to each cone on their grid.