



MATP Athletics

Drill 1: 10 Meter Walk/Roll

- Set up a starting point and an end point for this exercise, the distance can vary depending on space. On a cue move from point A to point B. Have a partner time you and try to beat your previous time. Watch your balance if walking, and use assistance if needed to move.

Drill 2: Bean Bag Drop

- Place a basket or trashcan next to your feet and while either sitting or standing, drop an item into the basket or can.

Drill 3: Hitting Suspended Balloon

- Have a partner stand in front of you holding a pillow or prop a pillow up on an object. With any part of your body, try to touch the pillow. Have someone assist you moving if needed!

Drill 4: Lifting Head, Hand or Foot

- If lifting your head, have a partner stand in front of you and make a different face at them every time you lift your head.
- If lifting your hand, try to give someone a high five.
- If moving your foot, try to spell your name with the movement of your foot.
- Use help if needed.

Drill 5: Tracking Objects

- With a partner, have them hold your favorite object and move it from left to right in your field of vision or from top to bottom and try to track the object while they move it.

Drill 6: Roll/Crawl

- Lay out a blanket or mat or find carpet for some cushion and lay down on the ground. Try to move from your back to your stomach and then back again. Have a partner help if needed.
- If crawling, practice holding a crawling position for 5 seconds and then progress to crawling from point A to point B.