

Mattensportstaffel

What you need:

- 8 players
- one mat per group
- 4 traffic cones

The Game:

The coach divides the players into two teams. Each team gets a mat. Both teams are starting at the starting line (marked by two traffic cones). After the starting signal from the coach, both teams run across the court to their turning point (marked by two traffic cones) and back to the start. The players have to come to an agreement so that the mat does not fall down. The task is to carry the mat together. The team, who is first back at the starting line, wins the competition.