

# „Zweierrolle“

## What you need:

- 2 persons
- 3-5 mats

## The Game:

The two people are going to make a roll **together**. One is lying on the floor, legs up. The other one is standing above him (feet next to head). The one on the floor grasps the ankles of the standing one, the standing one those of the lying one. Now, the one who stands makes a forward roll, through which the one on the floor gets up. This scheme goes on until they arrive at the end of the lane.