

## SCOOTER DASH SKILLS & DRILLS

### 1. EXPLORATION

#### a. Propelling with Hands and Feet –

- Sit on top of the scooter with the handles located under your arms.
- Look ahead as you use your hands and feet to move the scooter in different directions.

**Drill – Practice Skill/Motion**

### 2. STOMACH SCOOTING –

- a. Lie on your stomach on top of the scooter.
- b. Use your hands and feet to move the scooter forward.

**Drill – Practice Skill/Motion**

### 3. KNEE SCOOTING

- a. Kneel on top of the scooter.
- b. Use your hands to push the scooter in different directions.

**Drill – Practice Skill/Motion**

### 4. TOOTSIE ROLL SCOOTING

- a. Lie on your stomach on the floor with your toes on the scooter.
- b. Lift your body off the floor using a push-up position and use your hands to move around.

**Drill – Practice Skill/Motion**

### 5. SHAPES SCOOTING

- a. Sit on the scooter with the handles located under your arms.
- b. Use your hands and feet to move the scooter in different directions forming shapes.

**Drill – Practice Skill/Motion**

### 6. PARTNER SCOOTING

- a. One player sits on the while another player moves them around.
- b. To do this the player may push or pull the player on the scooter.

**Drill – Practice Skill/Motion**