

Plank cone air hockey

GameProgression

1. Set up two goals with cones approx 1-2m wide and 2-5m apart.
 2. A player defends each goal with hands on the goalline in a high plank position.
 3. Player play by sliding a cone between each other and through the goal to score a point, Must remain in high plank position when playing or opponent is awarded a goal.
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1. Play in 3s- 1st to 3 goals winner stays on 19. Plank cone air hockey

