



1. 5 BAGS ARE PLACED IN SQUARES 1 AND 2.
2. ATHLETE STARTS WITH HIS HANDS ON A BAG IN #1.
3. HE TAKES THE BAG TO #4.
4. GOES TO #2 AND PICKS UP A BAG.
5. HE TAKES THE BAG TO #3.
6. HE CONTINUES WITH THE FIGURE-8 PATTERN UNTIL FINISHED.
7. HE MUST GO AROUND EACH CONE. EX: WHEN GOING FROM #1 TO #4, HE MUST GO AROUND THE RIGHT SIDE OF THE CONE BEFORE GOING TO #2.
8. BAGS MUST BE DROPPED INTO THE SQUARES AFTER HE HAS PASSED THE CONE.