

I

Jump squats with goalie blocks

6
min.

Requirements: 1 goalie

Set up:

Goalie is standing in. squad position with knees wider than shoulder width and hand position as if in goalie ready-position

Movement:

Start with a vertical jump, then lead hands (and turn head) to the spot where the goalie pretends to block the ball (always slightly ahead of shoulder line), finally snap wrist as if knocking down the ball - start over again from start position

Execution: 4 x 8 jumps, 30s break

Intensity:



medium

D8