

# I Straight shot with single-handed knock down (Dryland) 6 min.

**Requirements:** 2 or more goalies, 1 ball

**Set up:** Goalies knee on the pool-deck in a circle / opposite to each other with distance 4 to 6 feet, each on a towel (or mat) with spread knees (directed to the circle center)

**Movement:** Goalie 1 shoots ball straight (75% power) to the right side of goalie 2 (clockwise, not too high, so that goalie 2 can easily reach the ball); goalie 2 knocks the ball down at his right side by covering the ball with only his right hand (IMPORTANT: Don't catch the ball); then goalie 2 shoots on goalie 3 and so on; when direction switches to counterclockwise then everything changes to the left side of each goalie

**Execution:** 4 x 10 shots each goalie, 30 sec break

**Intensity:**

