

# 1 Straight shot with double-handed knock down (Dryland) 6 min.

**Requirements:** 2 goalies, 1 ball

**Set up:** Goalies on the poolside face each other, distance 6-9 feet, both kneeling on a towel (or mat) with spread legs

**Movement:** Goalie 1 shoots ball straight (75%) over the head of goalie 2 (not too high that goalie 2 easily can reach the ball); goalie 2 covers the ball with both hands (triangle position) and knocks the ball down between his legs (no catching); then vice versa

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

**Intensity:**



D1