

I

Vertical wrist passes

8
min.

Requirements: 1 goalie, 1 ball

Set up: Goalie is kneeling (or lying) on a towel with holding a ball above the forehead with one hand and the other hand next to it



Movement: Throw the ball vertical up by snapping wrist and rolling the ball over the fingers (to create a straight back spin) and catch the ball with the other hand still above the forehead; repeat this motion with alternating hands

Execution: 5 x 60 sec, 30 sec break

Intensity:



D6