

I

## Ball drum

8  
min.

**Requirements:** 1 goalie, 1 ball

**Set up:** Goalie is kneeling on a towel, the ball is positioned in the middle of the knees in front of the goalie, hands are covering the ball on the top in tri-angle position (thumbs and point fingers form a tri-angle, all fingers are wide spread)



**Movement:** Lift both hands by opening wrists, then snap wrists alternating onto the ball to create a loud drum effect

**Execution:** 5 x 6 sec, 30s break

**Intensity:**



D7