

I

## Crab steps

8  
min.

**Requirements:** 1 goalie

**Set up:** Goalie is standing in goalie ready-position (with knees wider than shoulder width) in front of a goal (an imaginary goal - 10ft width)



**Movement:** Simulate arm-support motion (skulling) with forearms, step along the goalie semi-circle starting with your lead leg and following with the opposite leg (like a crab) - optional with closed eyes and assistance by a coach / goalie

**Execution:** 8 x 8 laps (from post to post)

**Intensity:**



D10