

I Turn Head (and lead body) to the side

5
min.

Requirements: 1 to x goalies, 1 coach

Set up: Goalies stand on the pooldeck facing the coach



Movement: Coach shows direction and goalies turn their faces over the shoulder (and lead their bodies) immediately in this direction; optional add a quick jump to each motion

Execution: 5x30 sec, 30s break

Intensity:



D5