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Windshield wipers

5
min.

Requirements: 1 goalie

Set up: Goalie is standing in goalie ready-position with knees slightly bent, arms in arm-support position and palms showing forward with spread fingers



Movement: Extend legs, then lead either one hand to the outside or both hands to the inside (like a windshield wiper) - then start over again from starting position

Execution: 3 x 60 sec, 30 sec break

Intensity:



D9