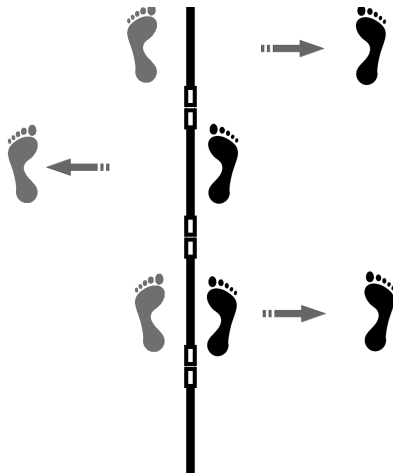


Form #11, Exercise #2



Form: completely straight

Training goals: stable equilibrium during the movement



Tabata Music: 96 bpm

SoundCloud: Anton Radev, Pill in Ibiza

Video link:
Details



Video link:
short



Arms in goal keeper basic position, walk along the rule and step the foot to the side, hold the body axis on the same level, no up and down movement



Points for self check

hold the hips on same height level, view straight

Form #11, Exercise #3



Form: Zollstock komplett ausgeklappt

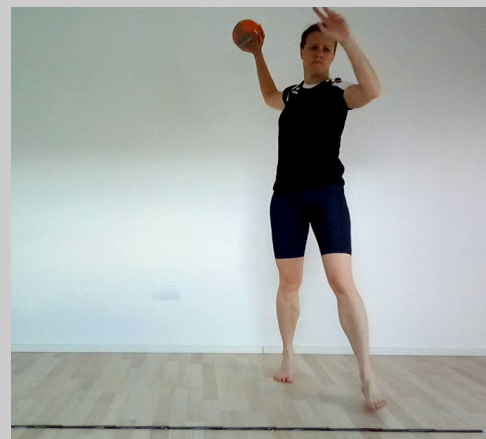
Training goals: "1st wave" pass, mobilisation of the shoulders



Tabata Music: 96 bpm

SoundCloud: A. Radev, Tabata W.O.D.

Video link:
short



„throwing movement“, then turning the ball over the head, small steps back and forth

Advanced: also with other arm



Points for self check

foot position, large arm movement