

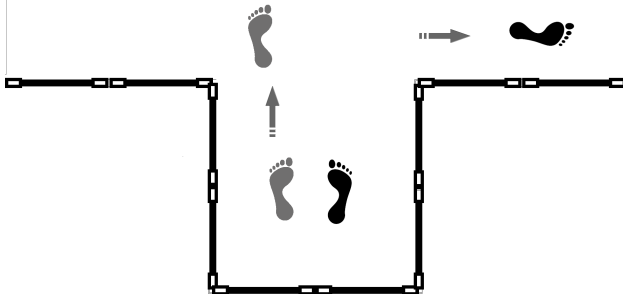
Training Card No. 12

Handball Goalkeeper Training

Defense movement with foot and arms, „knee-kick“

Level: Advanced & Expert

Form #1, Exercise #4



Form: two segments straight

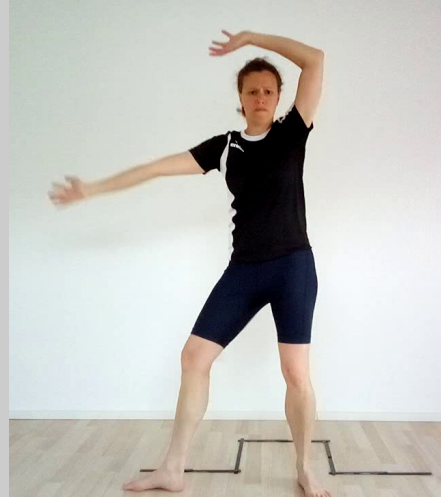
Training goals: defense step with 90° foot angle position



Tabata Music: 150 bpm

SoundCloud: TabCoFit, „Ryini Beats -Scars“
Tabata Mix with Coach

Video link:
short



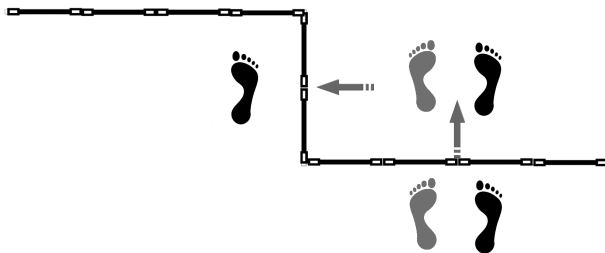
Go down, then straighten up and make the defense movement with „1-2-step“ rhythm



Points for self check

90° angle in foot parallel to the folding rule, the other leg remains in the middle segment

Form #9, Exercise #1



Form: long parts 4 straight, short 2 straight

Training goals: Knee-Kick-defense action with a speed increase step before



Tabata Music: 125 bpm

SoundCloud: TabCoFit, Mmaker Dance #2 125 bpm

Video link:
short



Jump to the front, then „1-2-Step“ to the side, Knee-Kick defense action; jump back, steps to the side, again kick...



Points for self check

arms and leg form a maximum defense area against the ball, hold the balance