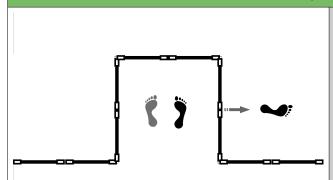


Training Card No. 2

Handball Goalkeeper training goalkeeper movements, coordination, mobility Level: Beginner & Advanced

Form #1, Exercise #2



Form: two segments straight

Training goals: defense step, foot turned to the side, fast change of sides



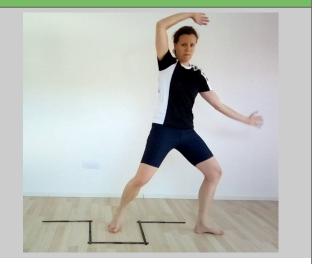
Tabata music: 96 bpm Soundcloud: Anton Radev, W.O.D

Video link:



Video link: short



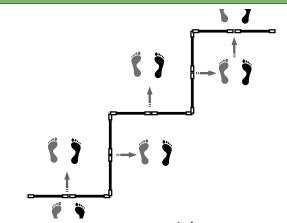


Defense steps to roght and left, foot turned 90°, active arm for ball action, passive arm over the head



Points for self check upper body stable and straight up, no shoulder rotation, view straight

Form #2, Exercise #2



Form: two segments straight

Training goals: fast knee lift close to body, flexibility



Tabata music: 96 bpm Soundcloud: Anton Radev, W.O.D

Video link: 미급 Details



Video link:





Defense action "half height", knee close to shoulder, **"close the gap"**



Points for self check upper body remains vertical, knee high up, foot also turned to the

outside