

### Training Card No. 4

Handball Goalkeeper training

„Knee-Kick-defense“ & hip opening with 90° foot angle

Level: Beginner & Advanced

#### Form #4, Exercise #1



**Form:** 1 and 2 Segments straight as „rectangle“

**Training goals:** side movement „knee-kick“ to move the leg up fast



**Tabata Music:** 96 bpm

SoundCloud: Anton Radev, W.O.D

Video link:  
Details



Video link:  
short



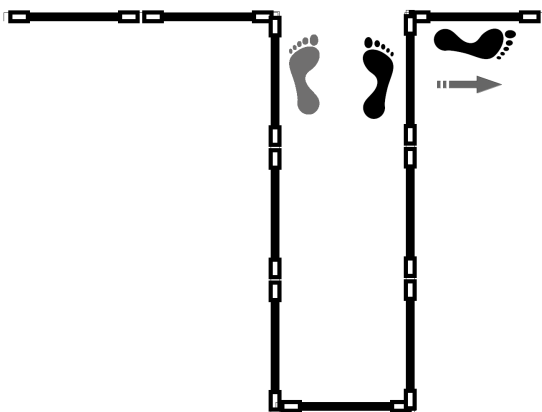
Knee lift at the side, lower leg „kick“, straighten the leg, active and passive arm position as in goal defense action



#### Points for self check

upper body straight and stable  
synchronized arm and leg

#### Form #5, Exercise #1



**Form:** narrow part 1 segment

**Training goal:** 90°-foot/angle position to the side, hip opening/mobility



**Tabata Music:** 120 bpm

SoundCloud: A. Radev, Smells like Teen Spirit  
Tabata Mix

Video link:  
Details



Video link:  
short



**Turn one foot 90° to the side, switch positions**



#### Points for self check

hip does not turn sideways, close foot position to the ruler, foot touching the ground completely