

I

## Blind shots with reflex blocking

6  
min.

**Requirements:** 1 or 2 goalies, 1 ball

**Set up:** Goalie sits on the poolside face to a wall on a towel, spread and stretched legs with feet at the wall, shooter is standing behind goalie



**Movement:** Shooter throws ball against the wall so that it bounces back medium high; goalie blocks the ball with single- or double-handed block

**Execution:** 3 x 10 shots, 30 sec break

**Intensity:**



D3