

Goalkeeper Handling Drills - Backwards Sit-up Catches

- 1 Server, 1 Goalkeeper, 1 or 2 balls (or med balls)
 - 10 - 20 catches = 1 set
1. Goalkeeper lays on stomach with arms off the ground (keep arms off the ground for the whole drill)
 2. Server tosses ball right above goalkeepers head. Goalkeeper catches the ball and tosses it back without letting arms and chest fully touch the ground.

