

## Handling Volleys on Knees

- 1 Server, 1 Goalkeeper, 1 – 3 balls
  - 20 sets = 1 rep
1. Goalkeeper sits on knees with back straight
  2. Server either drop kicks, volleys, or kicks ball from the ground to the goalkeepers hands
  3. \*\*It is important to make sure the goalkeeper uses the proper “diamond” or "w" catching technique, has his or her chest forward, and is attacking the ball.
  4. \*\*For a more challenging drill: continue until goalkeeper reaches a consecutive amount of catches or strike the ball from the ground.

