

Goalkeeper Handling Drills - One Handed Plank Catches

- 1 Server, 1 Goalkeeper, 1 or 2 balls (or med balls)
- 10 - 20 sets each hand = 1 rep
 1. Goalkeeper gets into a plank/push-up position (keep back as flat as possible).
 2. Server tosses a ball to one side, goalkeeper catches it with one hand, brings the ball around the hand on the ground and tosses it back.
 3. Alternate sides evenly.
 4. **For a more challenging drill: pick up the pace using two balls or use a medicine ball.

