

Juggling

Spend 10 mins per day working on your juggling from last week. Be consistent and focus on the steps. If needed reference this video below.

Click [HERE](#)

Handling

1. Toss ball into wall and catch with two hands. x20
2. Volley ball into wall and catch with two hands. x20
3. Toss into wall with Rt Hand, catch with Lt. x15 & Alternate.
4. Toss into wall with Rt hand, catch with Rt. x15 Alternate.
5. Hold ball over head and throw into wall with downward motion forcing low basket/front smother save. x 20

Strength & Agility

1. DOGGIES. This is a sprinting activity that is perfect for goalkeepers. You run 5 yards out and back, then 10 yards out and back, 15 yards out and back, 20 yards out and back, 25 yards out and back.

Each run is consecutive. After completion that is 1 rep. Every rep should be at maximum effort. Use a 1:3 Work to Rest ratio. (If it takes 1 minute to complete, rest for 3 mins before starting the next rep)

U9-U10: 4 Reps

U11-U12: 5 Reps

U13-U15: 7 Reps

U16-19: 10 Reps