

Week 4

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 with two hands. Trow ball with downward angle into wall. Catch ball after it bounces. x15
6. Same as #5, but angle the ball into the wall so it bounces away from you. x15 angled Rt. Alternate.

Mental Training

The Goalkeeping Position is unique and requires extreme mental toughness. Players have to deal with mistakes that everyone can see, and directly effect the result of the game. Only Goalkeepers can understand how it feels to give up a goal, and bouncing back mistakes is key to being successful.

Please take the time to read the article linked below as it will help you to be successful. Parents please read this as well as it will provide you understanding and guidance on how to support your child as a Goalkeeper.

[CLICK HERE](#)

