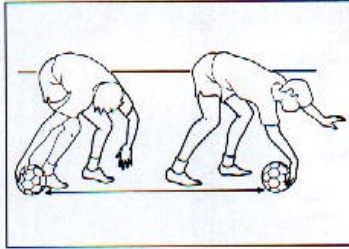


# GOALKEEPER HANDS 1

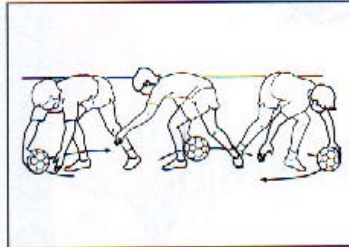
## 1 SEQUENCE

Roll the ball back and forth next to your body with one hand.



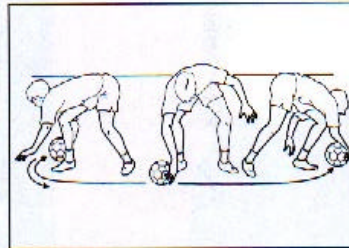
## 2 SEQUENCE

Roll the ball around your body. Switch hands in the middle.



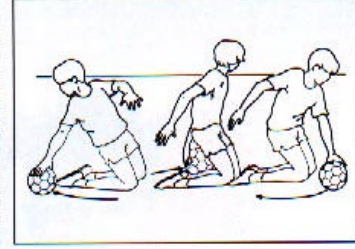
## 3 SEQUENCE

Using only one hand, roll the ball from the left side of your body to the right, and vice versa.



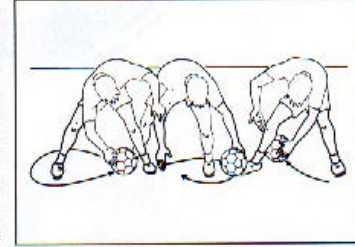
## 4 SEQUENCE

Roll the ball around your body while kneeling. Switch hands in the middle.



## 5 SEQUENCE

Standing with your legs spread wide, roll the ball with one hand in a figure-eight pattern between and around your feet.



## 6 SEQUENCE

Roll the ball ahead with one hand, run after it and pick it up from one side with both hands.

