

GOALKEEPER HANDS 2

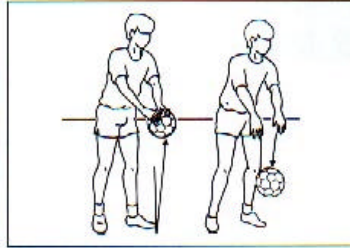
1 SEQUENCE

Stand with your feet slightly apart. Bounce the ball on the ground and catch it immediately with both hands.



2 SEQUENCE

Bounce the ball on the ground a few times in a row.



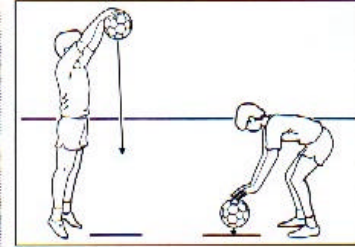
3 SEQUENCE

Keep bouncing the ball on the same spot on the ground and at the same height.



4 SEQUENCE

Bounce the ball as high and as low as possible.



5 SEQUENCE

While bouncing the ball, move lower and lower, then higher again.



6 SEQUENCE

Bounce the ball at knee level, hip level, chest level and as high as you can reach (three bounces in a row at each level).

