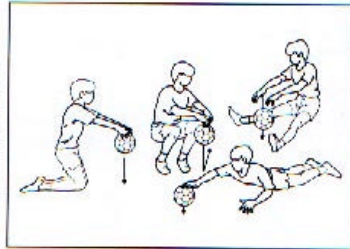


GOALKEEPER HANDS 3

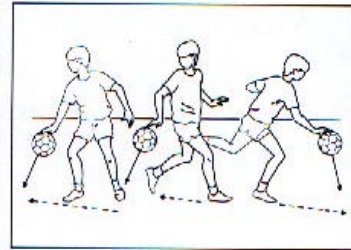
7 SEQUENCE

Bounce the ball (with one hand or two) while kneeling, squatting, lying on your stomach and sitting with legs apart.



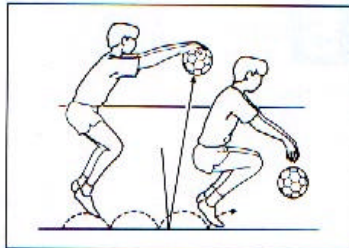
10

Bounce the ball with one hand while moving forward, backwards, and sideways, and also while running at top speed.



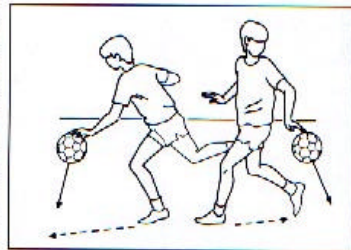
8 SEQUENCE

Bounce the ball with both hands in front of your body while squatting and hopping forward.



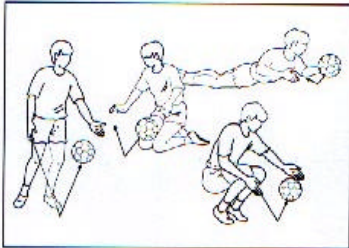
11

Bounce the ball with one hand while running, constantly changing your speed and direction.



9 SEQUENCE

Bounce the ball (alternating right and left hands) while kneeling, squatting, lying on your stomach and sitting with legs apart.



12

Bounce the ball with one hand while moving forward and backwards. Turn all the way around (to the left and right) between bounces. Alternate hands.

