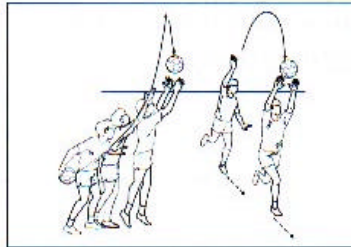


GOALKEEPER HANDS 4

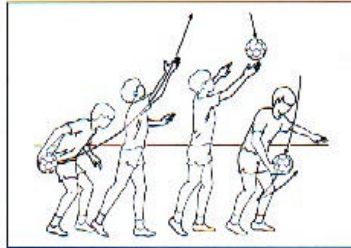
1 SEQUENCE

Throw the ball up with one hand and catch it with both.



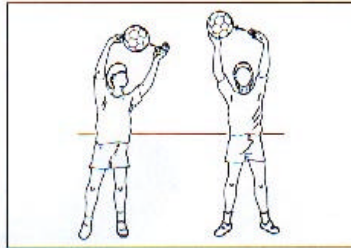
2 SEQUENCE

Throw the ball up and catch it with the same hand; or, throw the ball up with one hand and catch it with the other.



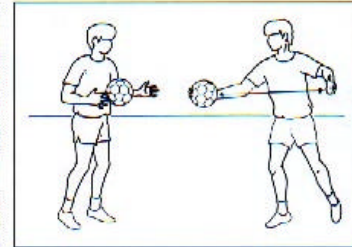
3 SEQUENCE

Stand still, stretch your arms up as far as you can and throw the ball back and forth from hand to hand above your head.



4 SEQUENCE

Stand still and throw the ball back and forth from hand to hand in front of your body, gradually increasing your speed.



5 SEQUENCE

Standing with legs spread wide, throw the ball back and forth from hand to hand in an arc above your head.



6 SEQUENCE

Pull the ball back above and behind your head, then throw it at the ground and catch it with both hands on the bounce.

