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Hand-Eye Coordination Drills For Goalies

1. Double-handed tennis ball dribble in goalie position- use one ball
30 consecutive dribbles without missing - 2 times



2. Double handed tennis ball dribble in goalie position- use two balls
30 consecutive dribbles without missing - 2 times



3. Behind back ball toss - 10 tosses to right side and left



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4. Figure 8 dribble around legs in squatting position - 20 reps



5. Goalie squats with hand dribble - 20 reps



6. Between the legs pass - switching leg each time - 20 reps



7. Between the legs drop - changing hand position – use two balls - 15 reps



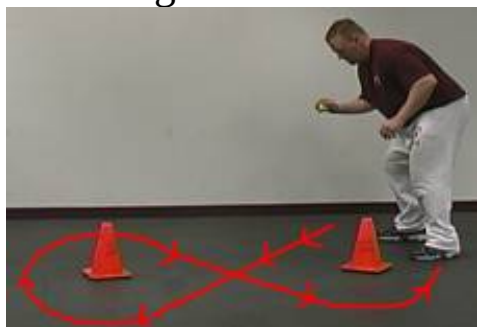
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8. Dribbling figure 8 around cones in squatting position - 10 reps in both directions switching hands



9 Ball dribbling figure 8 around cones in squatting position -10 reps in both directions switching hands



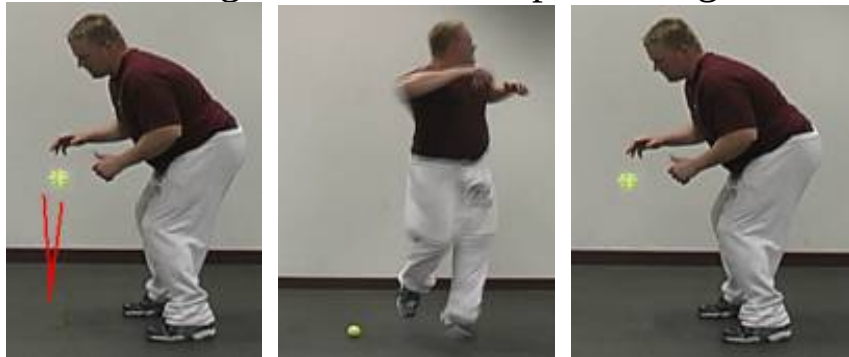
10. Feet dribbling in figure 8 patterns - 10 reps both directions



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11. Dribbling 360° turns - 5 reps – change direction each time



12. Between line feet dribbling - 10 reps between lines



13. Push-up dribbling between hands - 10 reps each hand



14. Toss between legs from behind - use one ball – 20 reps



15. Toss between legs from behind - use two balls – 20 reps



16. Under-hand - one ball dribble using two hands



17. Under-hand - use two balls - dribble using two hands



18. One ball overhand dribble between two hands – 20 reps



19. Two ball overhand dribble– 20 reps each hand



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20. Partner wall throws - 10 reps



21. Icky shuffle - hit ball with feet - 5 reps



22. Push up position to back pedal - catch 2 balls - 5 reps

