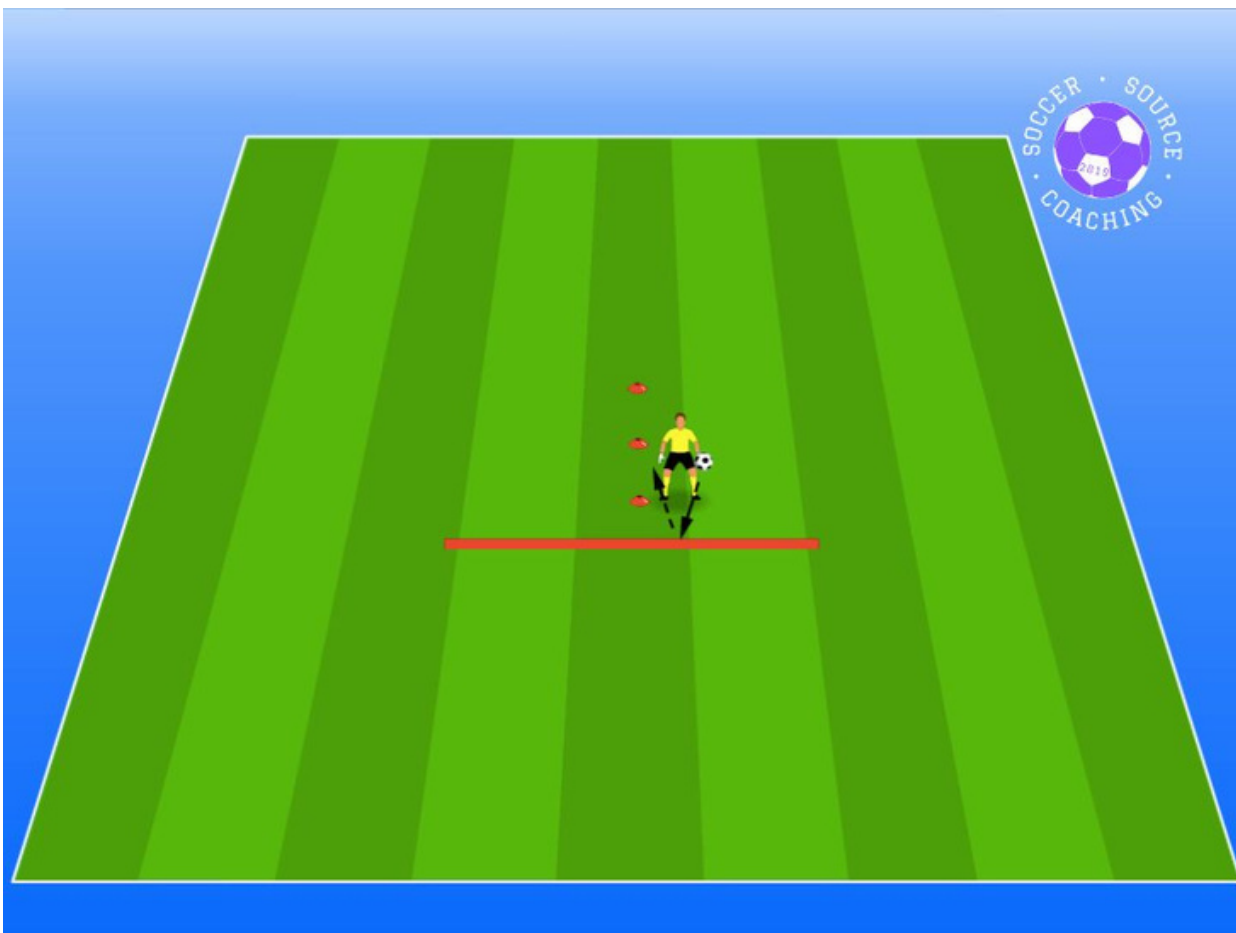


# 1 handed throw and catch



## How it works

Place the 1st cone 1 yard away from the wall, the 2nd cone 2 yards, and the 3rd 3 yards away.

Start on the first cone 1 yard away from the wall with the ball in your left hand.

Throw the ball against the wall with your left hand then catch it with your right hand, repeat the process but throw it against the wall and back onto your left hand.

Once you have completed 10 throws and catches move back to the second cone, and then the 3rd cone.

You can make this drill harder by replacing a soccer ball with a tennis ball.

## Coaching points

- Stay light on your feet to quickly adjust to the trajectory of the ball
- Keep your hands in an open ready position to catch the ball
- Keep your head up to ensure you are properly tracking the soccer ball

## Questions

- How can you quickly adjust to the direction of the ball?
- How can you readily catch the ball?
- What can you do to make sure you always have eyes on the ball?

## Purpose

The purpose of this solo goalkeeper training drill is to improve a goalkeeper's hand-eye coordination

## Set up

- 1 soccer ball
- 3 cones
- A wall

**Advanced**