



MEN'S QUICK HANDS DRILL

AUTHOR INFORMATION:

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Author School:

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Skill

Field Location: Attack Zone

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To develop goalie hand/eye coordination.

DRILL DESCRIPTION:

The goalie gets into ready position without a stick, while a coach stands 4-5 feet away and lightly tosses balls at the cage. Goalies job is to make a save mimicking all movements used as if the goalie had a stick. Instead the goalie will catch the ball with the top hand. Coach should work all "shot" positions.

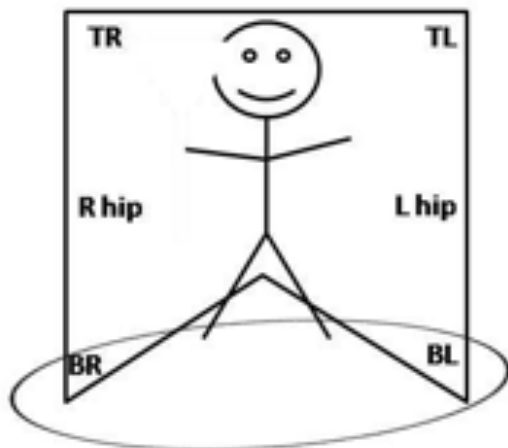
SKILLS PRACTICED:

- Stepping to the Ball
- Hand/Eye Coordination
- Consistent Positioning

VARIATIONS:

Bounce the ball and make the goalie save it using only the chest protector.

DRILL DIAGRAM:



TR= Top Right
TL= Top Left
R Hip = Right Hip
L Hip = Left Hip
BR = Bottom Right
BL = Bottom Left