

Medicine Ball Drill 2

EQUIPMENT

1x Soccer Medicine Ball. 4 Disc Cones.

MEASUREMENT

10 x 10 yards

CATEGORY

Strength Training, Agility, Goalkeeping Techniques.

COACHING POINTS

1. The player/keeper should be on the balls of the feet.
2. The player/keeper should make short sharp steps while moving laterally and have the palm of the hands facing out at waist to chest level.
3. Do 10-20 repetitions.

PROGRESSION

1. Server-A throws the ball to the side for the player/keeper to dive and catch the ball.
2. Server-A throws the ball higher for the player/keeper to jump and catch the ball.



1

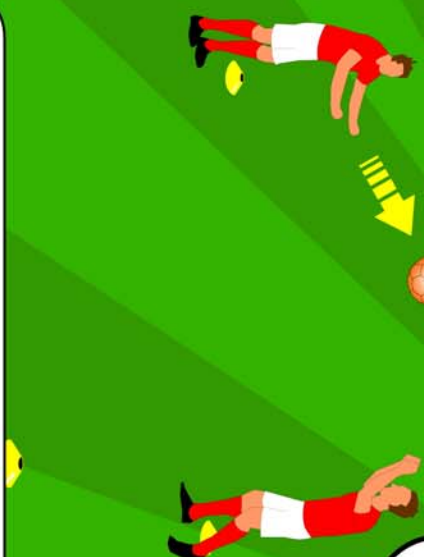
THE **PLAYER** MOVES LATERALLY BETWEEN THE DISC CONES, **SERVER-A** THROWS THE BALL AT CHEST HEIGHT TOWARDS THE **PLAYER** WHO CATCHES AND RETURNS THE THROW BACK TO THE SERVER...

2



THE **PLAYER** MOVES LATERALLY BETWEEN THE DISC CONES TO THE OPPOSITE END...

3



SERVER-B THROWS THE BALL UNDER ARM ABOVE THE **PLAYERS** HEIGHT WHO CATCHES AND RETURNS THE THROW BACK OVERHEAD (THROW-IN)... REPEAT THE PROCESS...