

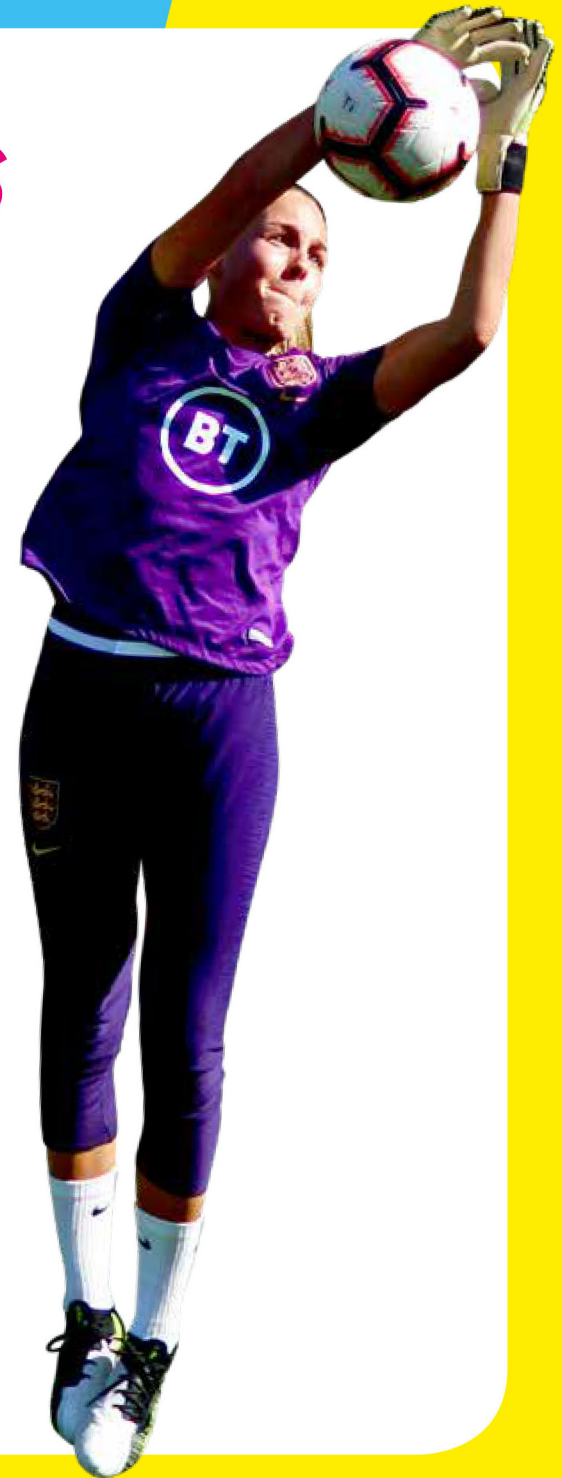
ME AND MY BALL: SAFE HANDS

One of the Lionesses goalkeepers is Ellie Roebuck.

What can you find out about the skills a goalkeeper needs?

SKILLS A GOLDKEEPER NEEDS

NOW PRACTISE SOME OF THESE SKILLS TO HELP YOU IMPROVE AS A GOALKEEPER.



CHALLENGES

Mark out a circle that's big enough for you to take three large steps. As your favourite song starts, move freely around the area, but as soon as the chorus starts how many times you can:

1

Throw the ball in the air and catch it with both hands?

2

Throw the ball in the air and catch it with one hand?
(Remember to change hands)

MAKE IT HARDER

TRY THE CHALLENGES ABOVE WHILST BALANCING ON ONE LEG, WITH YOUR SHOES AND SOCKS OFF OR WITH ONE EYE CLOSED.

(Make sure the floor area around you is safe)

TELL US HOW THE CHALLENGE WENT ON THE NEXT PAGE.

