

(25) 8-6-4:

- 1 Server, 1 Goalkeeper, 1 ball (or med ball)
 1. 25 overhead serves straight at goalkeeper
 2. 8 underhand tosses alternating right to left, goalkeeper dives from sitting down position
 3. 6 underhand tosses alternating right to left, goalkeeper dives from knees
 4. 4 underhand tosses alternating right to left, goalkeeper dives from feet

