

Across the Goal Repetitions:

- 1 – 2 Servers, 1 Goalkeeper, 1 – 2 balls (1 for each server)
- About 8 services (from feet unless otherwise noted) alternating right to left progressing from pass backs to low balls to basket catches to the diamond to high balls to diving
 1. Goalkeeper begins in middle of the goal and side shuffles or runs to one post to receive a pass back from a server then quickly move to the other post to receive another. Goalkeeper is only allowed one touch to play the ball back to the server. 8 total services
 2. Same as Step 1, but goalkeeper handles a shot on the ground and rolls it back to server
 3. Same as Step 1, but goalkeeper handles a shot in the air using the basket catch technique and rolls it back to server
 4. Same as Step 1, but goalkeeper handles a shot in the air using the “diamond” technique and rolls it back to server
 5. Same as Step 1, but server tosses the ball high in the air for a high ball, goalkeeper tosses ball back to server and continues to the opposite side
 6. Same as Step 1, but goalkeeper handles a shot on the ground and rolls it back to server

