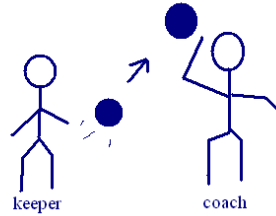


Ball Toss:

- 1 coach, 1 - 4 keepers, one ball per each keeper (30 seconds to 1 minute intervals)
 1. One by one, a goalkeeper will underhand toss the ball to the coach (above shoulder height) the coach taps the ball in any direction
 2. The keeper tries to retrieve the ball either by staying on his/her feet, forward diving, or collapse diving. (The goal should be no more than two bounces).
 3. After the keeper regains possession, he or she will toss the ball back to the coach to continue the drill.

Step 1



Step 2

