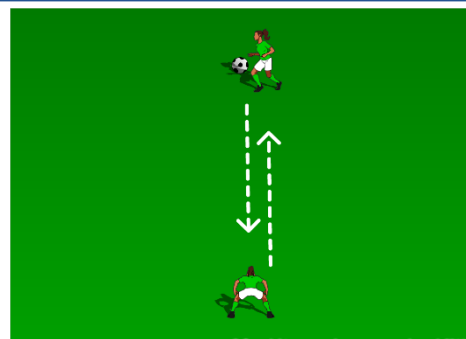


Partner Passing (min 10 yards distance)
- Two touch max, alternating feet.
- If a mistake is made start back at zero and work toward 12 perfect passes in a row.



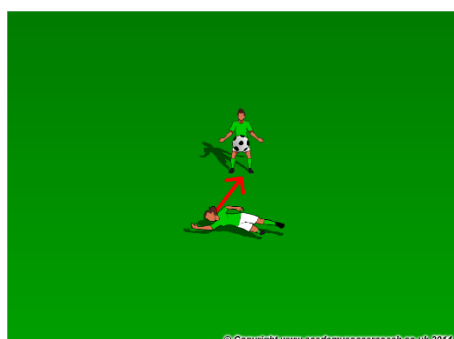
Partner Throws (min 10 yards distance)
- Proper Sling Throw. Bring arm straight overhead, next to ear, and don't bend the elbow.
- If a mistake is made start back at zero and work toward 12 perfect passes in a row.



Partner Rolls (min 10 yards distance)
- Proper Roll. Don't have ball bounce. Partner does proper low pickup/front smother and then rolls ball back.
- If a mistake is made start back at zero and work toward 12 perfect passes in a row.



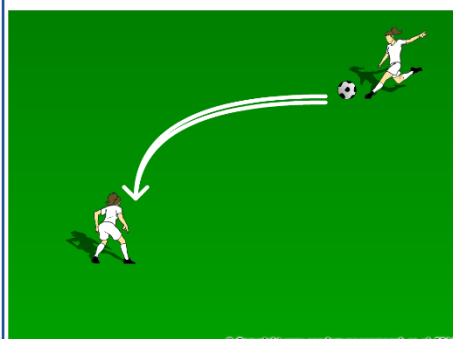
Sit Up and Catch
- GK sits up and makes counter catch. Make sure to catch the ball on the way up, not the way down.
- If a mistake is made start back at zero and work toward 12 perfect catches in a row.



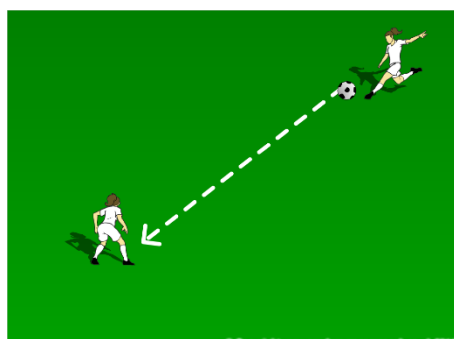
Oblique Movement
- GK lays on side and moves torso up to touch the ball flexing at the waist.
- Body should be controlled back to the ground not crashing.
- 12 per side.
- Touching with both hands is ideal.



Lower Ab Movement
- GK lays on back and holds onto the ankles of partner.
- GK then brings legs up in an effort to touch feet to the ball that is being held by partner. Legs should stay straight and not break.
- GK touches ball then slower brings legs down, not touching the ground.



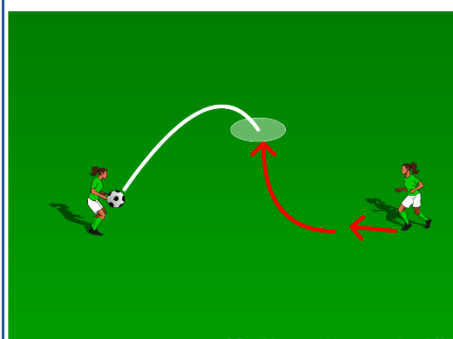
Partner Kicks (min 10 yards)
- GK kicks ball off ground into partners hands.
- 12 perfectly in a row. If a mistake occurs start back at zero.



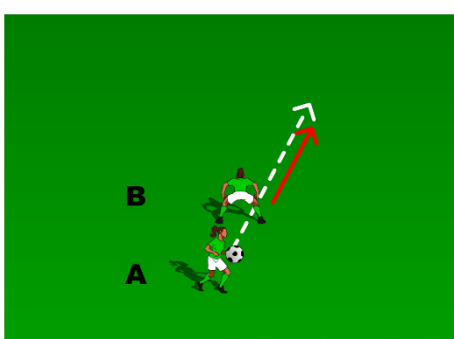
Partner Kicks Low (min 10 yards)
- GK kicks ball off ground low for a front smother.
- 12 perfectly in a row. If a mistake occurs start back at zero.



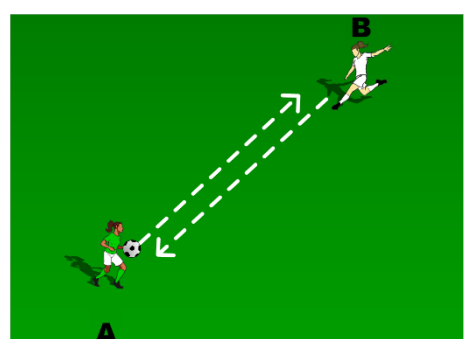
Partner Dives
- 6 reps diving from knees. (3 total each direction)
- 6 reps diving from feet. (3 total each direction)



Partner High Ball Toss (12 Reps)
- Alternate which foot you take off from.



Reaction/Breakaway Save
- A rolls ball between B's legs.
- B must react to the ball and then collect using proper breakaway slide tech.
- 12 Reps



Partner First Time Shot (min 10 yards)
- A rolls ball out to B. B hits ball first time back at GK. Should be hit with pace, but close enough to the GK that they can make a save.
- Repeat 12 times. B should alternate feet.

