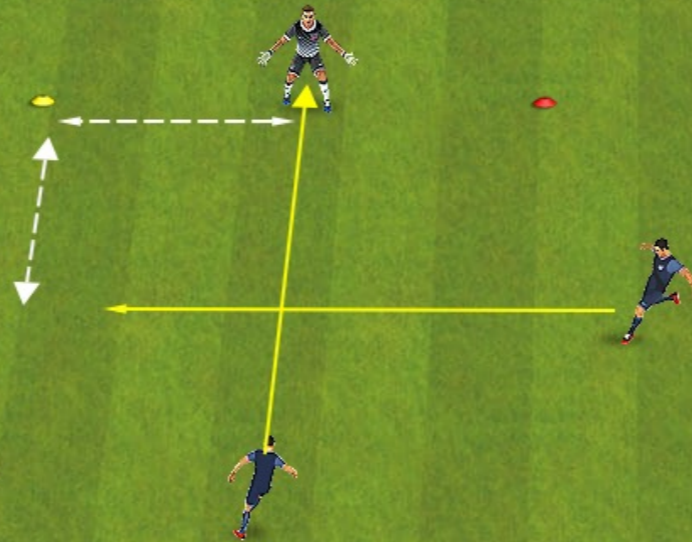




# THE L



## The L

Practise 1 - Receive a pass from the server , The goalkeeper takes a touch to control the ball then pass the ball back to server.

Practise 2 - The goalkeeper take a volley into the hands from the server then quickly moves around for a volley from the 2nd server

Practise 3 - The goalkeeper take a clip of the deck into the hands from the server then quickly moves around for a clip of the deck from the 2nd server.

Practise 4 - The goalkeeper moves across to the yellow marker goes around it and takes a collapse dive from the server.  
The goalkeeper recovers and takes a volley from the 2nd server into their hands. ( Work Both Sides)

Practise 5 - The goalkeeper moves across to the yellow marker goes around it and takes a low dive from the server.  
The goalkeeper recovers and takes a volley from the 2nd server into their hands. ( Work Both Sides)

Practise 6 - The goalkeeper moves across to the yellow marker goes around it and takes a collapse dive from the server.  
The goalkeeper recovers into the other side and moves across to the yellow marker goes around it and takes a collapse dive from the 2nd server.

Practise 7 - The goalkeeper moves across to the yellow marker goes around it and takes a Low dive from the server.  
The goalkeeper recovers into the other side and moves across to the yellow marker goes around it and takes a Low dive from the 2nd server.

Practise 8 - The goalkeeper moves across to the yellow marker goes around it and takes a Low dive from the server.  
The goalkeeper recovers into the other side and moves across to the yellow marker goes around it and takes a collapse dive from the 2nd server.  
( Work both side of the collapse and low ball)



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