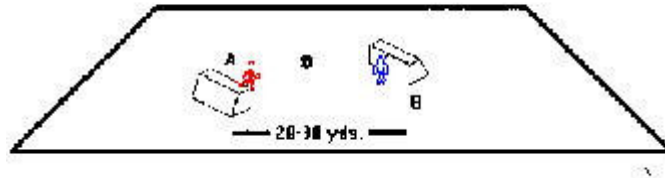


Bubba's Keeper Toss Game



The Game

- Keeper A tries to throw ball into B's net and vice versa.
- First keeper to score wins.

Coaching Points

- Proper technique and throwing skills, developing arm strength.
- Accuracy of throws will improve.
- Heavy psychological factor because the 2 keepers compete solely against one another.
- High work rate for keepers because this match can last a while with talented keepers.
- Emphasize positioning.

Progression

- Give each keeper a ball.
- Add attackers who may only head balls into net.