

## GK Breakaway Challenge

### GK Challenge Ladder

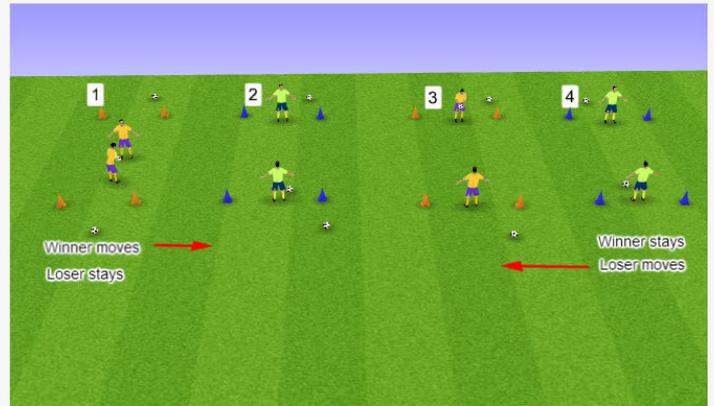
Grid one: Winner moves to the right, loser stays

Grids Two and Three: Winner moves to right, loser moves to left

Grid Four: Winner stays, loser moves to the left

Goals are arms reach across (4-5 yards), 10-12 yards long. If ball interferes with next grid, then out of bounds. Rotate who starts with ball when it goes out. GK starts with ball and rolls it across to GK who is on the line and will be a field player for breakaways. GK who rolled it, is the GK. If you make a save, ball starts on the ground. If make a save, immediate transition to GK or field player. Goal is waist or lower thru the cones. Play for 2-3 minutes per round. Have extra balls on outside of grids. You must play the ball within 5 seconds from catch.

Play 4 rounds (one for each grid). Rotate players after each round, mix up if needed.



## GK Challenge One

### GK Challenge Ladder

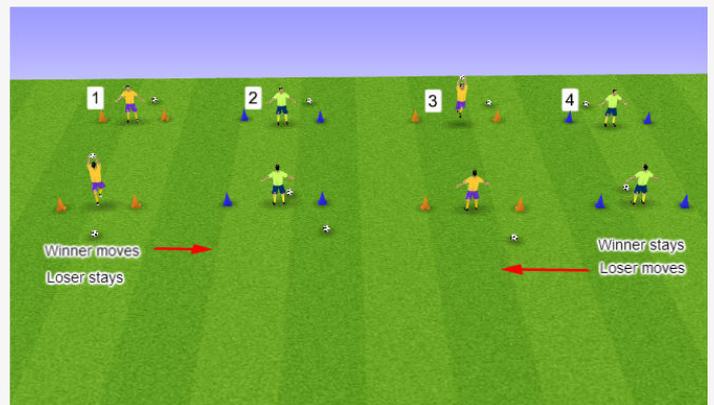
Grid one: Winner moves to the right, loser stays

Grids Two and Three: Winner moves to right, loser moves to left

Grid Four: Winner stays, loser moves to the left

Goals are arms reach across (5 yards), 10-12 yards long. If ball interferes with next grid, then out of bounds. Rotate who starts with ball when it goes out. If you make a save, ball starts on the ground. Each serve to shoot is from the feet on the ground. You can put the ball no more than 2 yards from the goal line. Goal is shoulders or lower thru the cones. Play for 2-3 minutes per round. Have extra balls on outside of grids. You must play the ball within 5 seconds from catch. If make clean catch, you get one point also.

Play 4 rounds (one for each grid). Rotate players after each round, mix up if needed.



## GK Challenge Arm+Feet

### GK Challenge Ladder

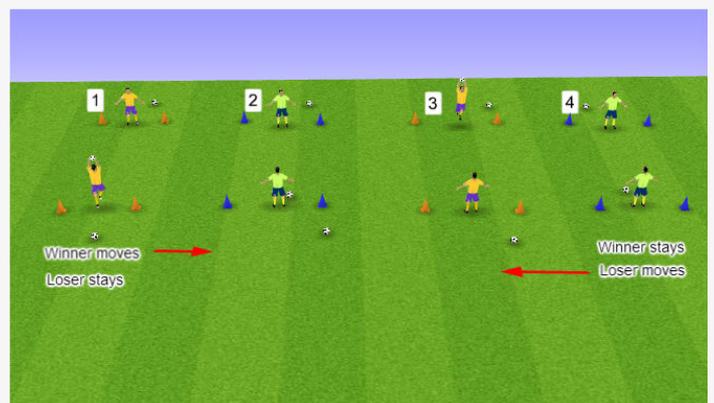
Grid one: Winner moves to the right, loser stays

Grids Two and Three: Winner moves to right, loser moves to left

Grid Four: Winner stays, loser moves to the left

Goals are arms reach across (5 yards), 10-12 yards long. If ball interferes with next grid, then out of bounds. Rotate who starts with ball when it goes out. If you make a save, ball can be tossed, rolled, or placed on ground to kick into the goal (must be GK distribution). You can put the ball no more than 2 yards from the goal line from any save. Goal is head or lower thru the cones. Play for 2-3 minutes per round. Have extra balls on outside of grids. You must play the ball within 5 seconds from catch. If make clean catch, you get one point also.

Play 4 rounds (one for each grid). Rotate players after each round, mix up if needed.



## GK Open Challenge

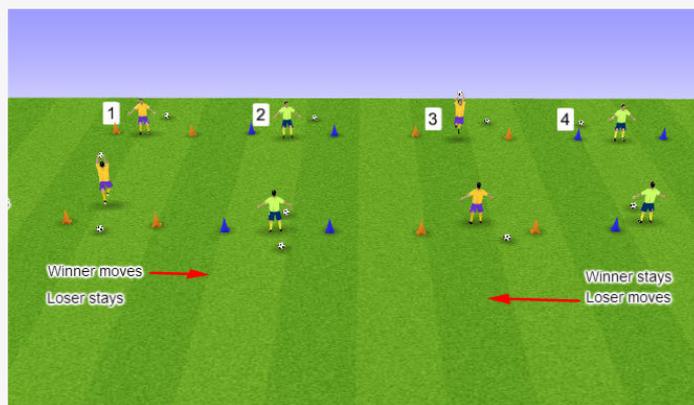
### GK Challenge Ladder

Grid one: Winner moves to the right, loser stays

Grids Two and Three: Winner moves to right, loser moves to left

Grid Four: Winner stays, loser moves to the left

Goals are challenge distance for age of GK (6-8 yards), 12-15 yards long. If ball interferes with next grid, then out of bounds. Rotate who starts with ball when it goes out. If you make a save, ball can be tossed, rolled, kicked, volley, or 1/2 volley into goal (must be GK distribution). You can put the ball no more than 2 yards from the goal line from any save. Goal is head or lower thru the cones. Play for 2-3 minutes per round. Have extra balls on outside of grids. You must play the ball within 5 seconds from catch. If make clean catch, you get one point also. Play 4 rounds (one for each grid). Rotate players after each round, mix up if needed.



## GK Wars Team

### Team GK Wars:

3 minute rounds for total points

Goals scored by toss, volley or serve from clean catch. Ball saved on ground stays on ground. Last person to touch ball must go get it and team plays short until ball returns to field. Only exception is tip or parry save. Unlimited passes in own half.

Can add rules: only one goal scored from volley, one goal must be from hand distribution, limit two passes, etc.

