

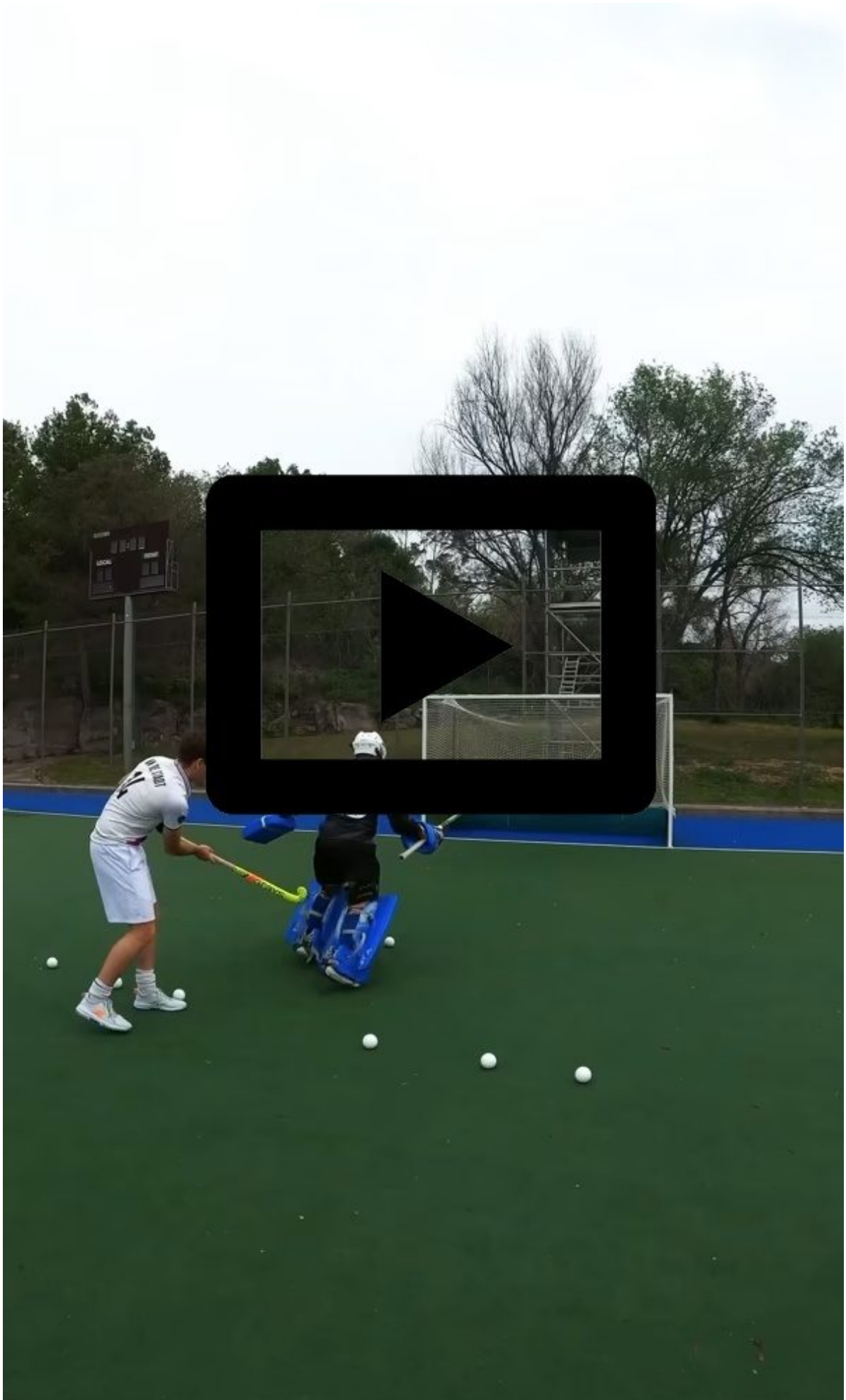
Keeper

Instagram Link



**Another nice
keeper drill**

Instagram Link



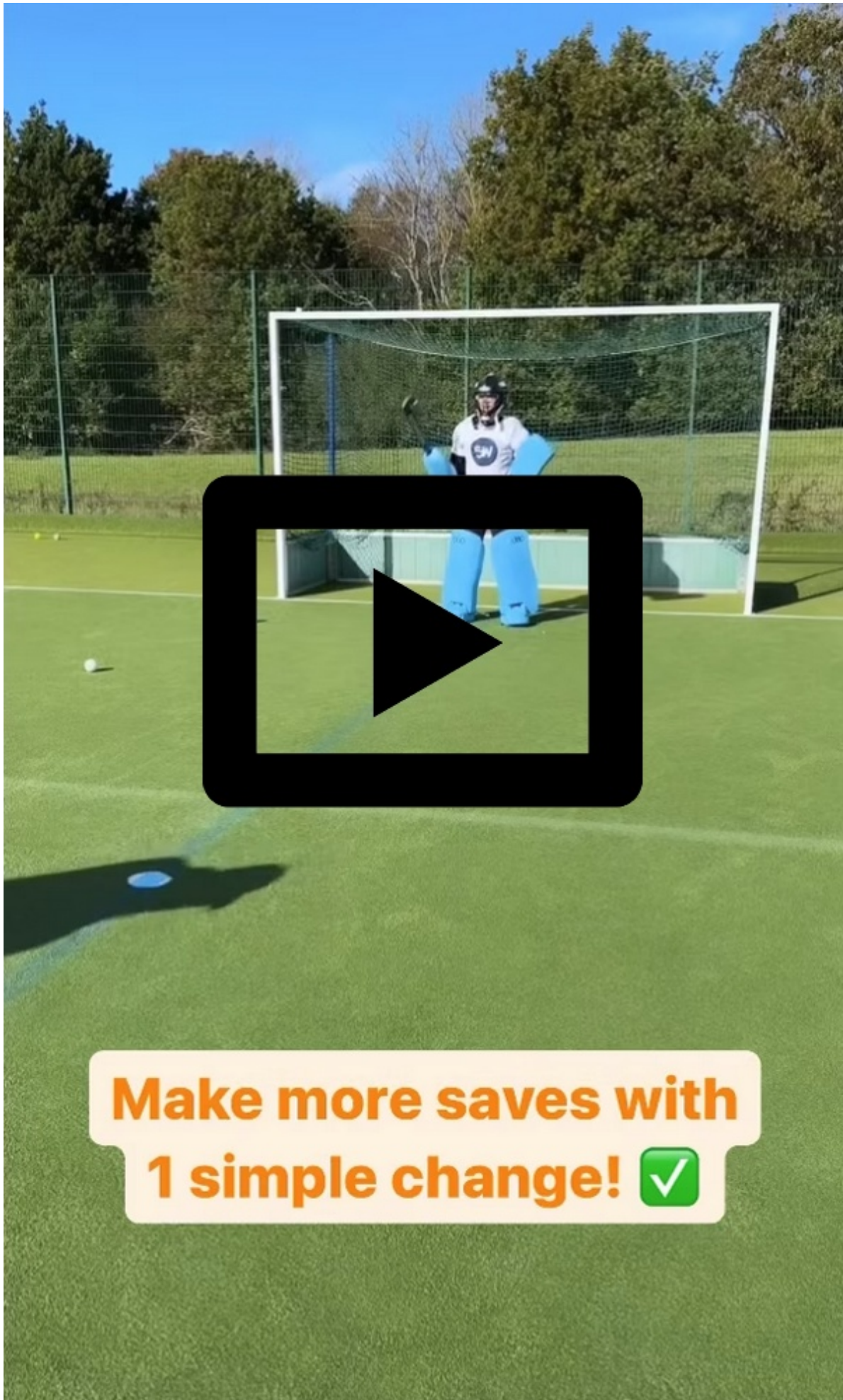
Instagram Link



Instagram Link



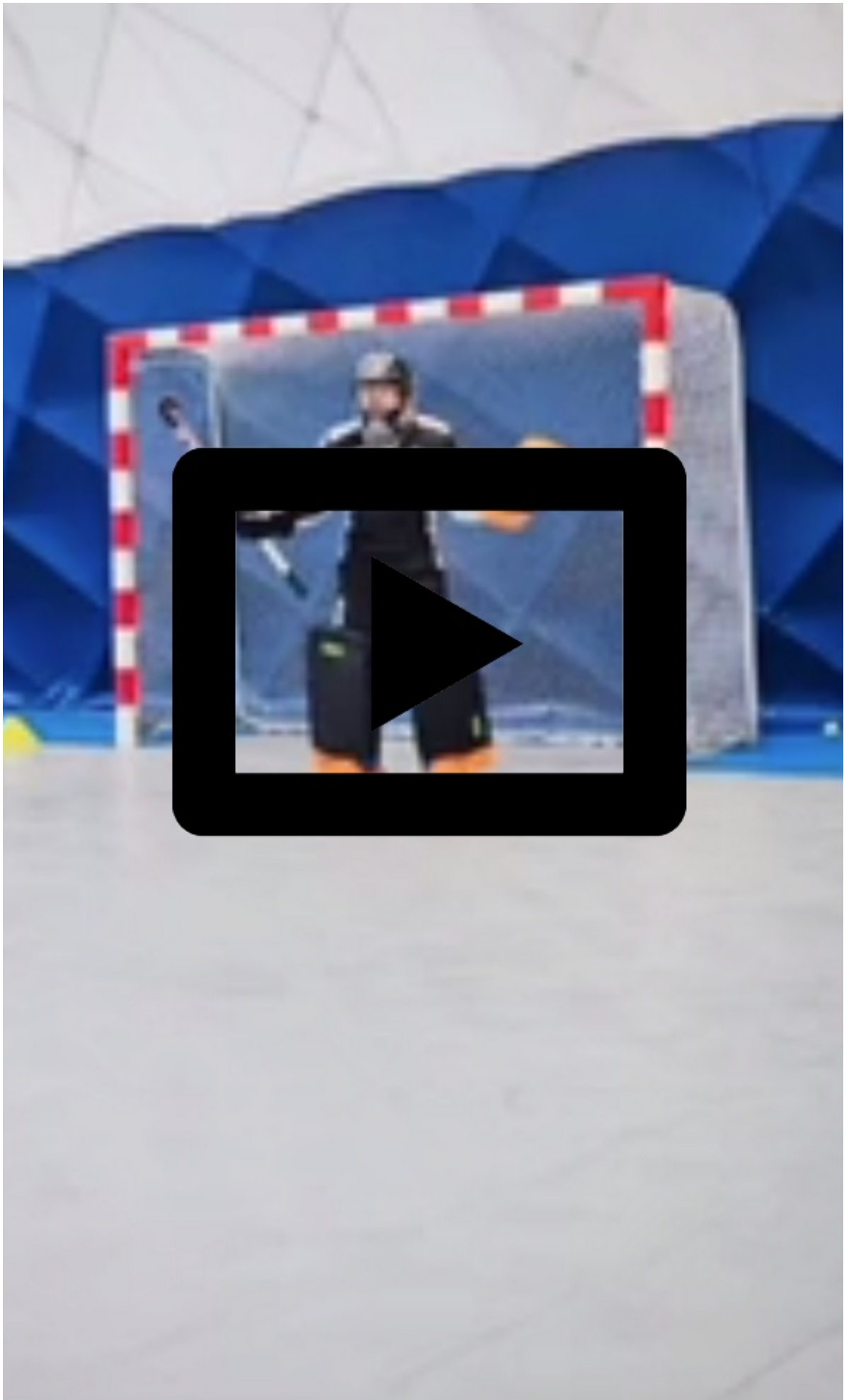
Instagram Link



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Instagram Link

Types of slides

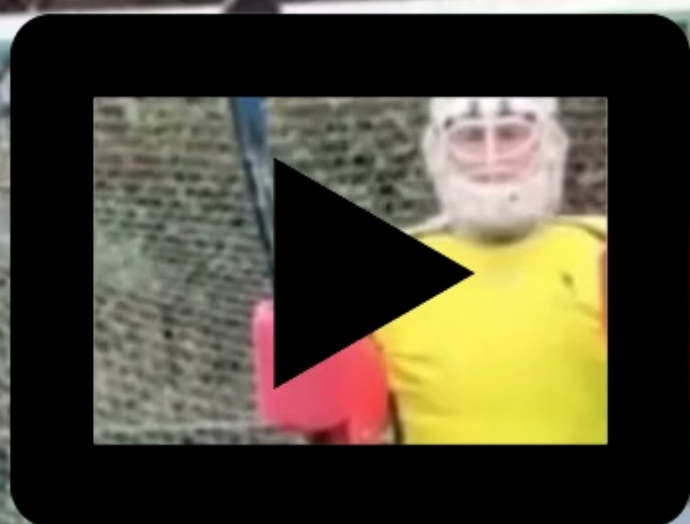


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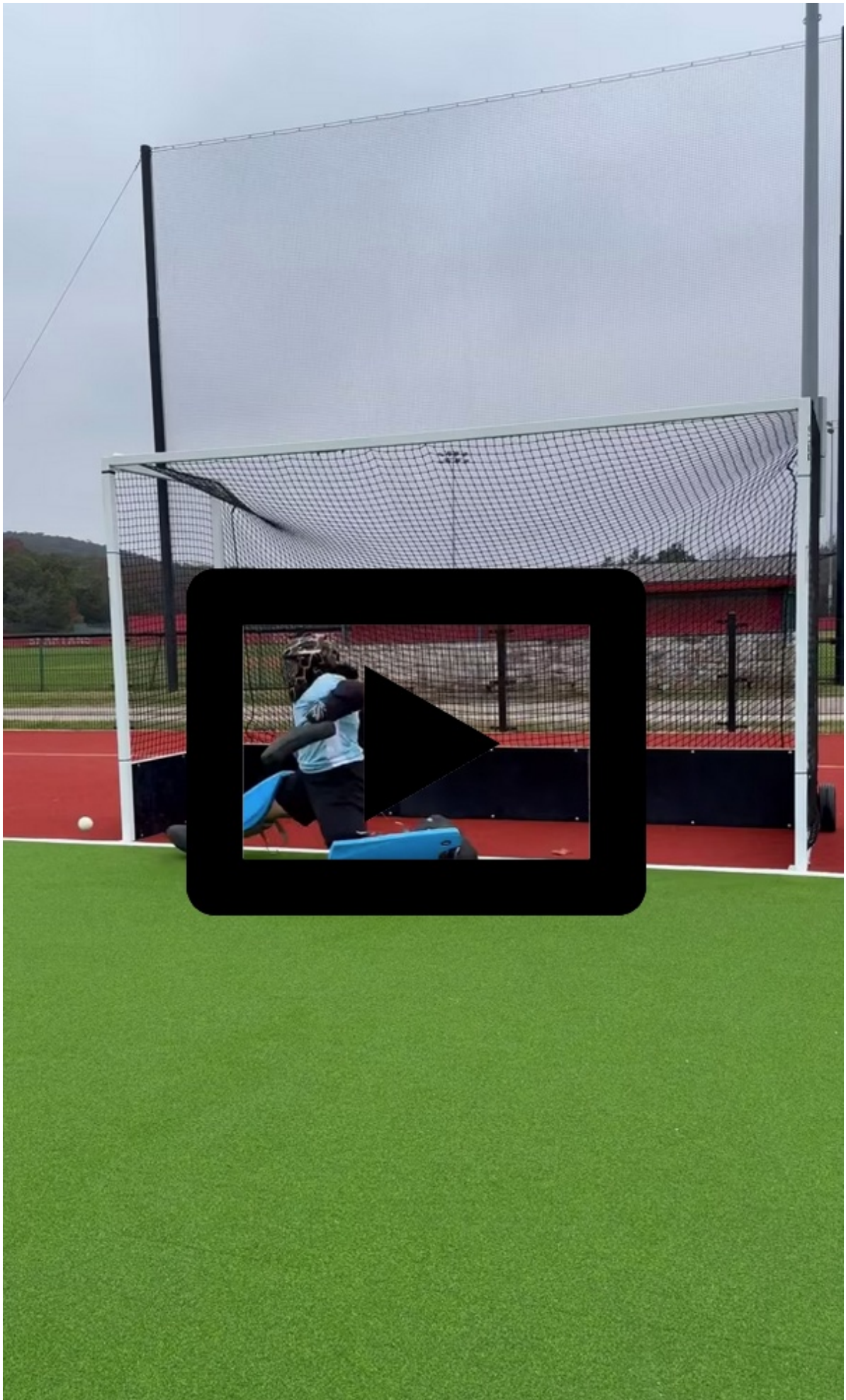
Improve your sticks saves with this



Read the description for more



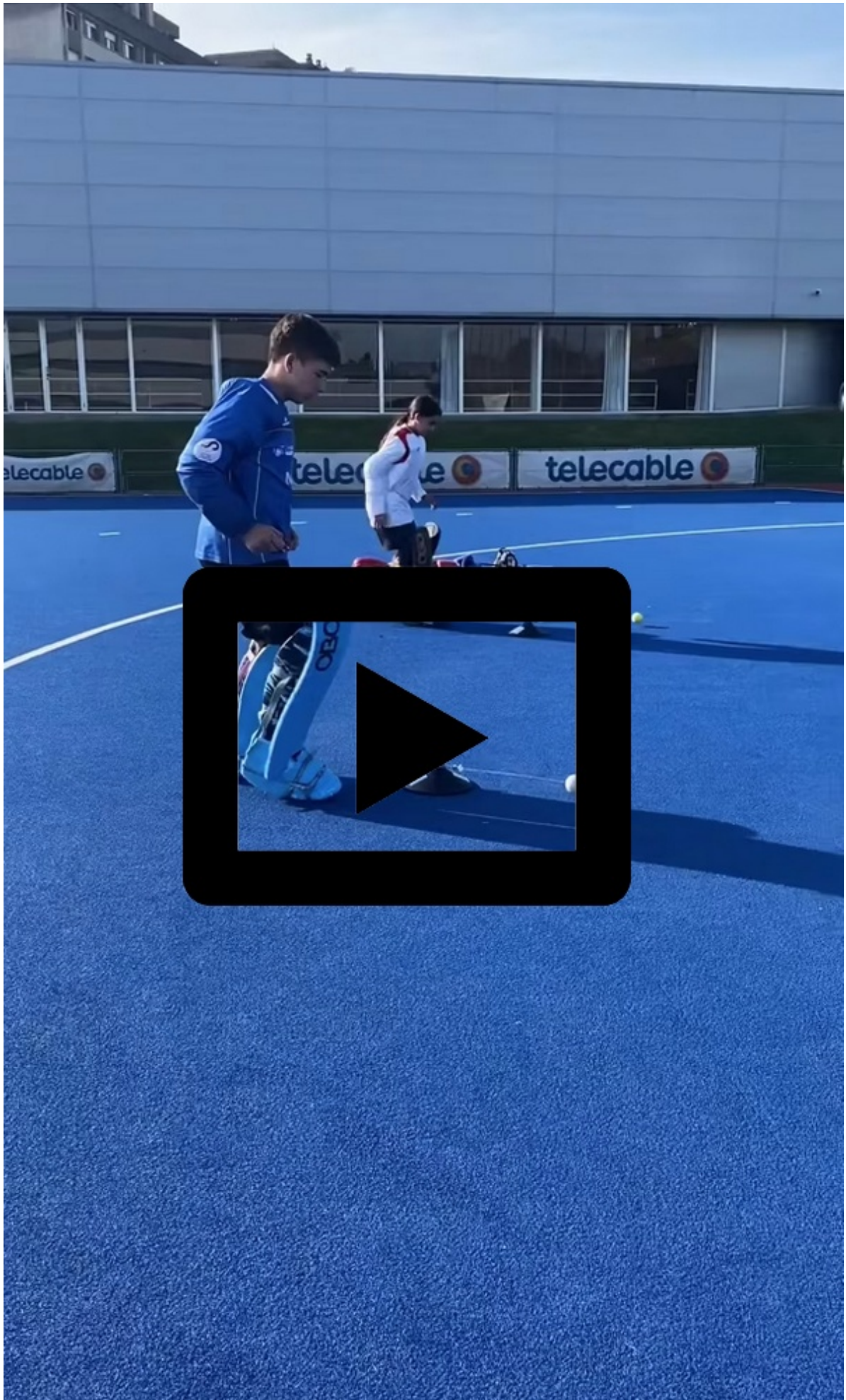
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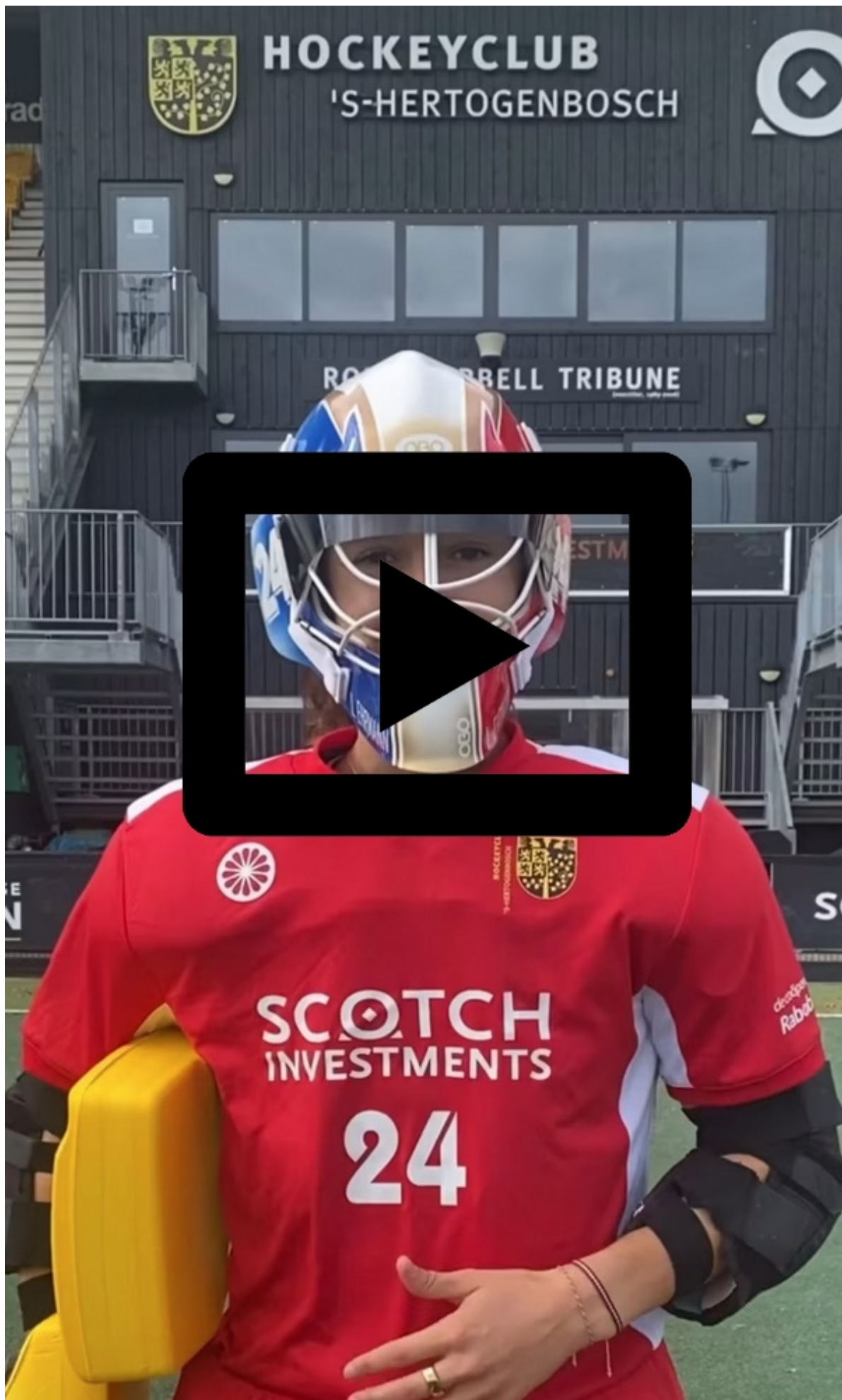
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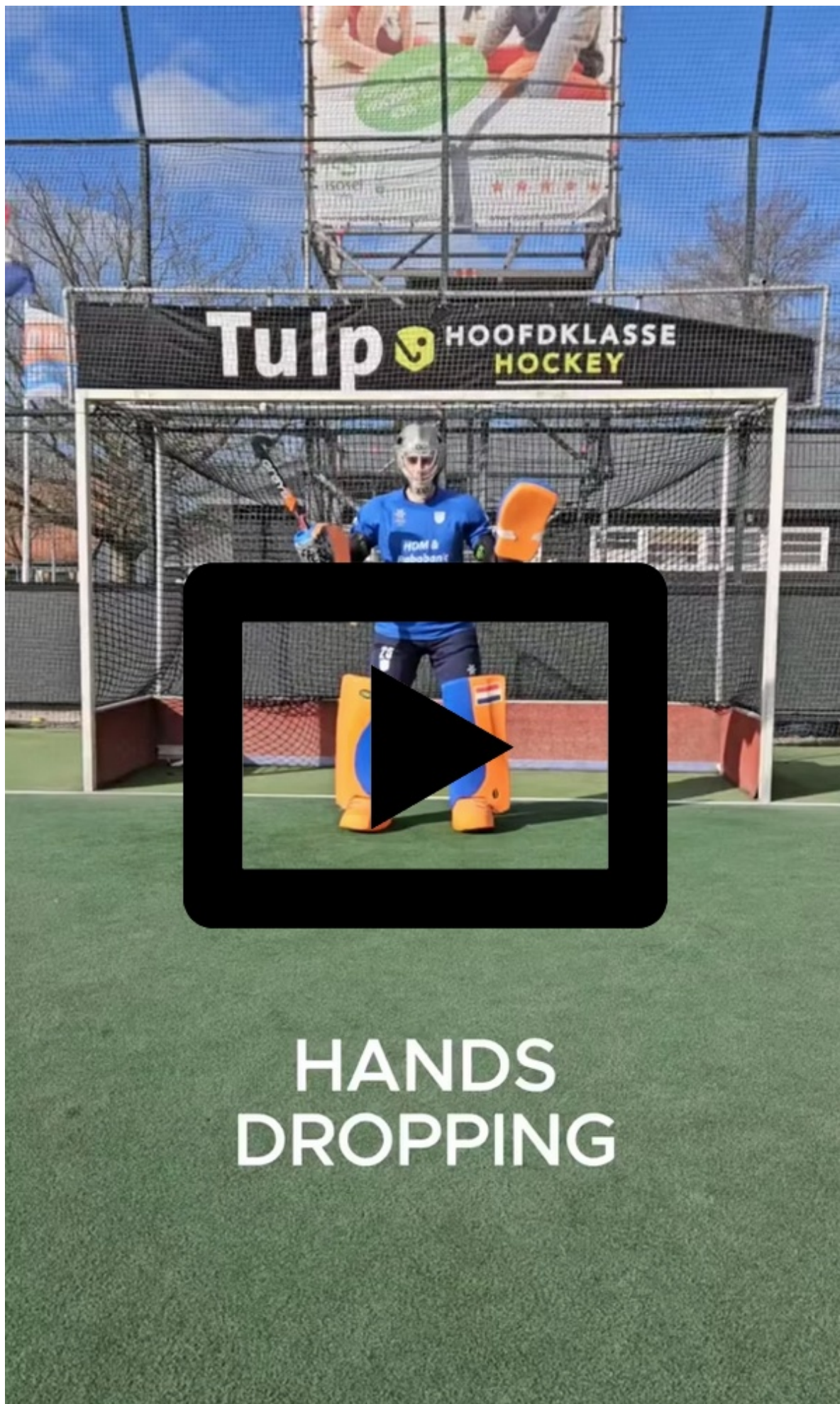
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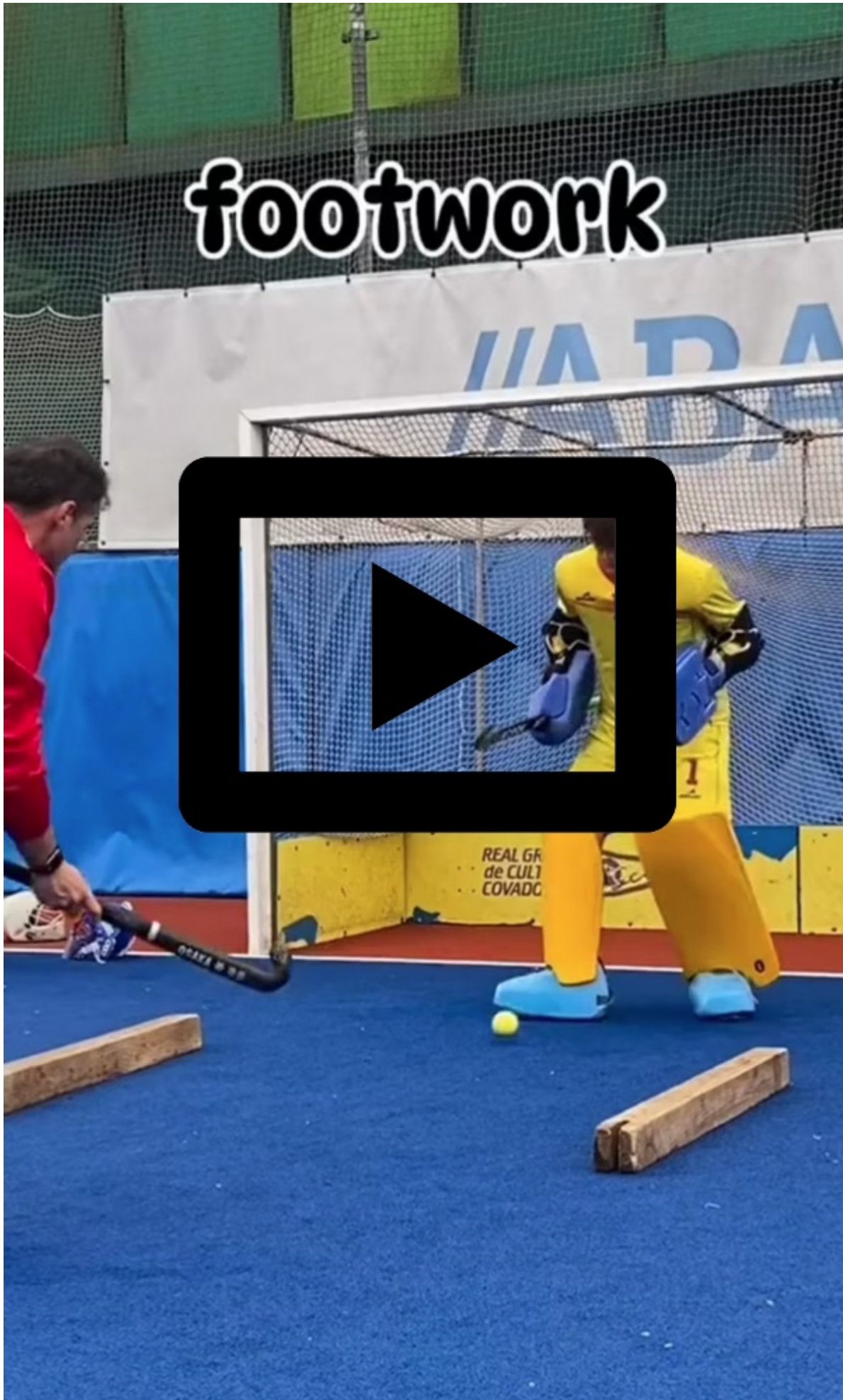
Instagram Link



HANDS
DROPPING

Instagram Link

footwork

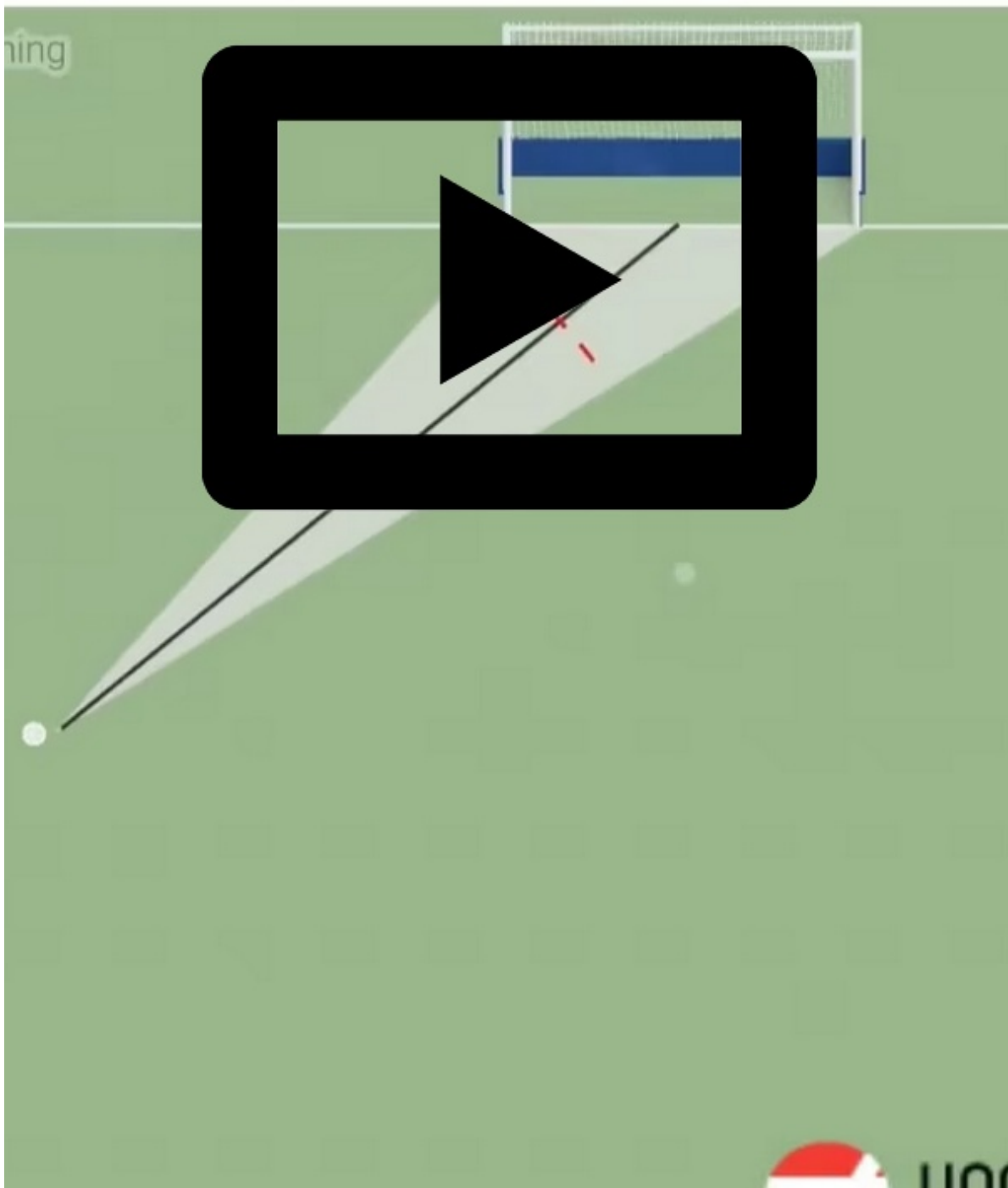


Instagram Link



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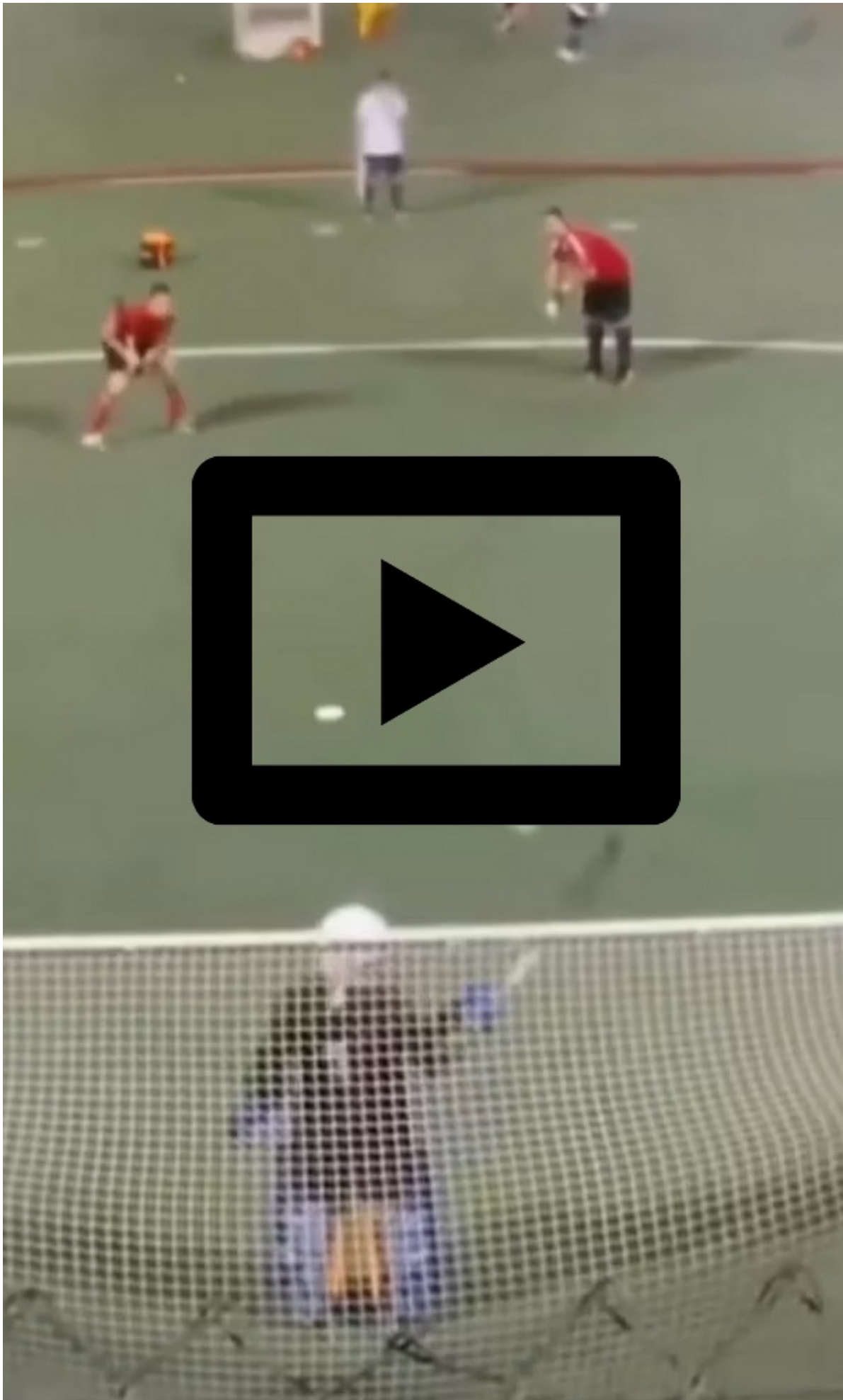
This is how the shooting
varies



Instagram Link



Instagram Link



Instagram Link

