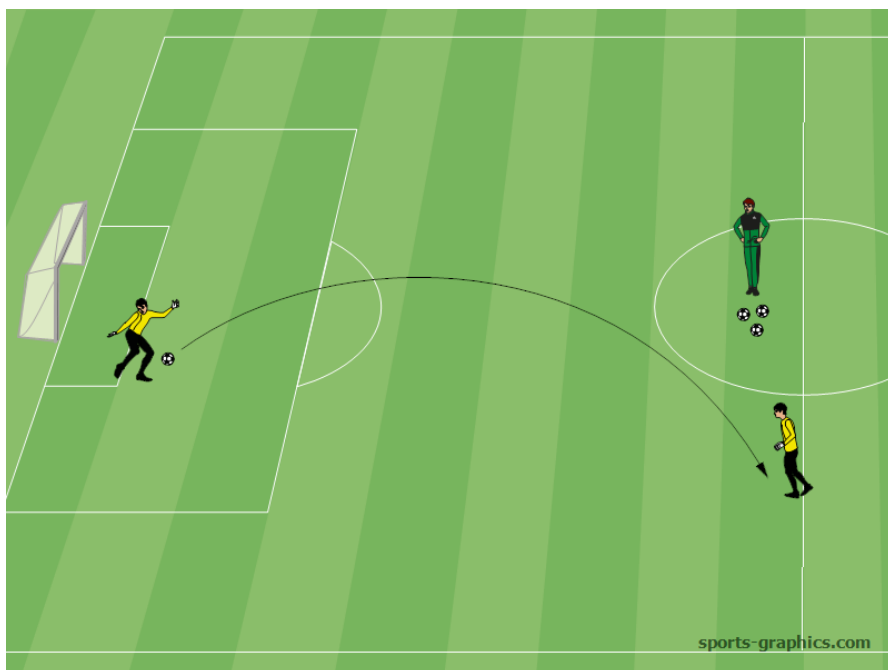


# KICKING FROM THE HANDS

Improve distribution

TECHNICAL

## Goalkeeping



## Distribution

This passing distribution is done over half a pitch.

This basic practice is designed solely on improving the technical execution of kicking from the hands used for distributing the ball over long distances.

Arrange two goalkeepers as per the diagram. The players simply kick the ball to each other using the following guidelines.

- Hold ball with both hands
- Step into kick at slight angle
- Plant foot should point towards target
- Drop the ball to the foot rather than tossing the ball up
- Kick straight at target and follow through
- Avoid tossing the ball in the air
- Position standing foot to point at target prior to contact with the ball
- Kicking foot to follow through to target

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



## LEARNING OUTCOMES

- Accuracy of distribution.
- Improve distribution.
- Improve kicking technique.

## KEY FACTORS

- Approach at a slight angle
- Avoid tossing the ball in the air
- Drop ball to foot rather than tossing up
- Follow through and stay balanced
- Good/correct technique
- Kicking foot to follow through to target
- Look up and select the desired target
- Strike through the midline of the ball

## FOCUS AREAS

- Demonstrate the correct technique.
- Is the ball distribution accurate and is the technique selection correct?
- Observe the quality of technique.

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