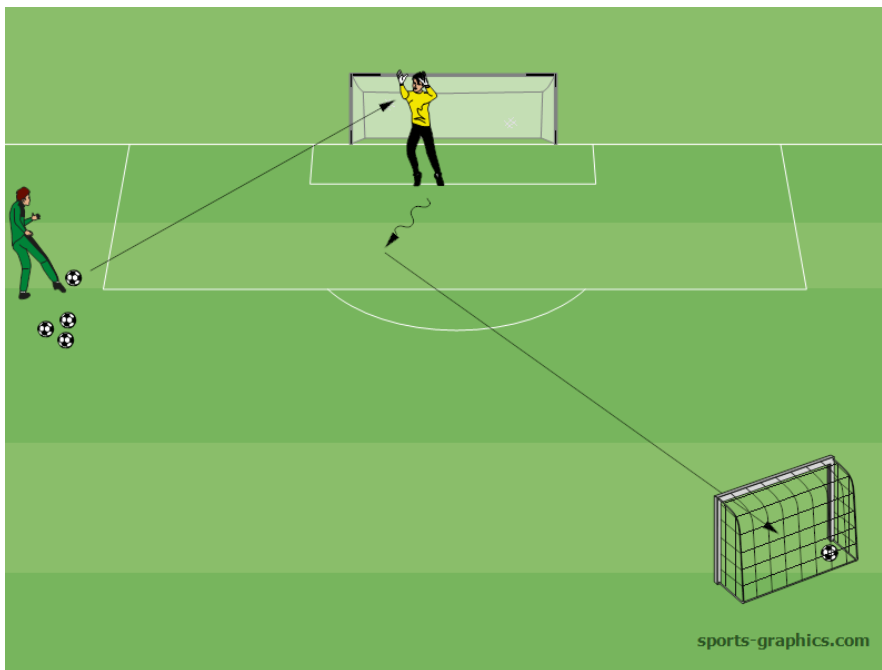


CONTINUOUS CATCH AND DISTRIBUTE

Improve distribution techniques

TECHNICAL

Goalkeeping



Distribution

Set up a goalkeeper in front of a full size goal.
Coach/server has a quantity of balls to the side to cross.
Set up a goal for the goalkeeper to distribute into.
Coach/server drills a ball into the goalkeeper who attempts to catch the ball at roughly head height. Ensure the service is of good quality.
The goalkeeper distributes the ball as quickly as possible to resemble a counter attack in a game situation.
The goalkeeper's distribution can either be a roll, a throw or the keeper may choose to get the ball down at feet and strike accurately.
Repeat this practice several times from different, distances and sides.

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

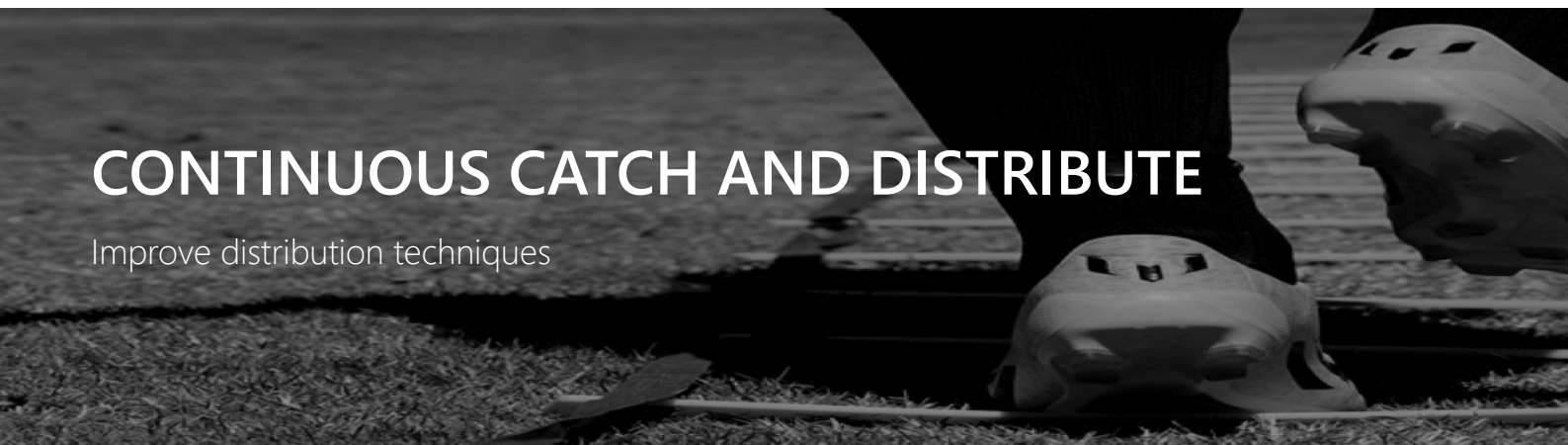
- Goalkeepers will progressively improve in the key movements and actions required to play the game such as jumping, diving, and striking the ball, by gaining increased power and strength.
- Good throwing technique.
- Improve distribution.

KEY FACTORS

- Decide early on what course of action to take
- Good distribution (decision, accuracy and timing of throw)
- Good/correct technique
- Prepare hands - fingers spread, hands in W shape

FOCUS AREAS

- Does the goalkeeper do things quickly?
- Goalkeeper must stay light on their feet when moving into position.
- Is the ball distribution accurate and is the technique selection correct?
- Is the goalkeeper focused and organised?
- Is the transition between receiving the ball and distributing the ball quick?
- Observe the quality of technique.



CONTINUOUS CATCH AND DISTRIBUTE

Improve distribution techniques