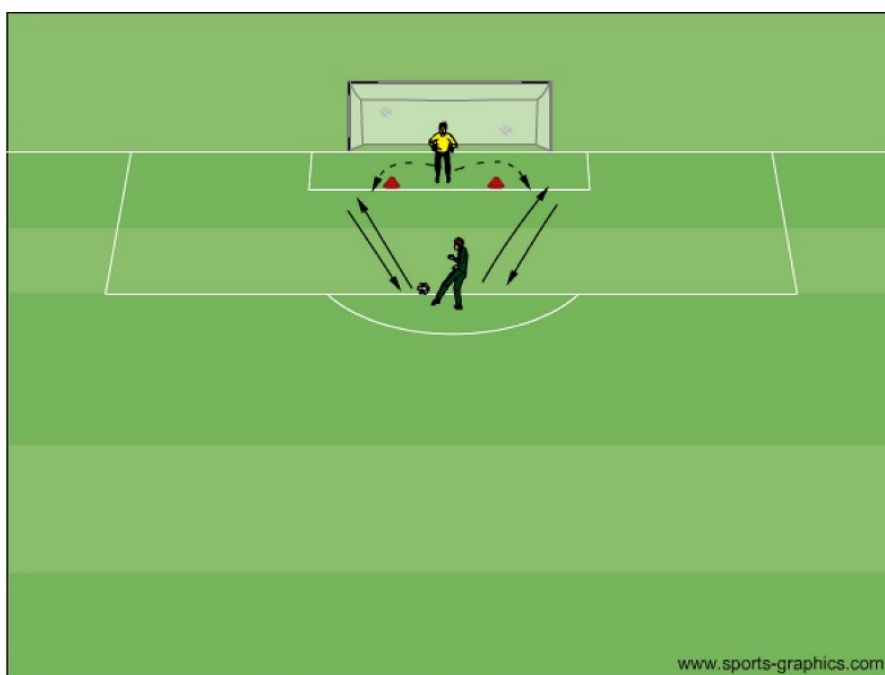


FUNDAMENTAL FOOTWORK AND DISTRIBUTION

Improve distribution

TECHNICAL

Goalkeeping



Distribution

The goalkeeper positions in front of a goal in between two cones.

The coach starts from the edge of the penalty area and passes the ball as the goalkeeper is moving to the outside of one of the cones.

The goalkeeper uses the appropriate or specified footwork to reach the ball and pass it back to the coach.

The goalkeeper uses effective footwork to move across the area to receive and return a pass from the coach directed to the outside of the alternate cone.

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

- Correct technical aspects.
- Improve footwork.

KEY FACTORS

- Approach at a slight angle
- Correct foot placement
- Early decision
- Ensure a good quality pass (accuracy, weight and timing)
- Good/correct technique
- Light on feet
- Move into the line of the ball
- On toes and ready to deal with incoming pass

FOCUS AREAS

- Demonstrate the correct technique.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Goalkeeper must stay light on their feet when moving into position.
- Is the ball distribution accurate and is the technique selection correct?
- Is the transition between receiving the ball and distributing the ball quick?
- Observe the quality of technique.



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