

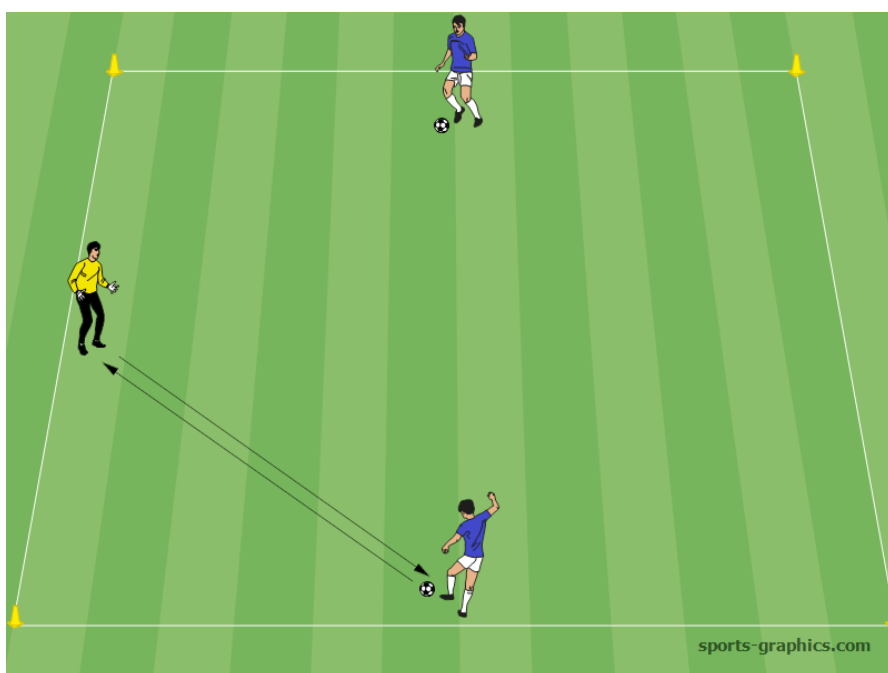
PASSING DISTRIBUTION

Improve distribution

TECHNICAL

Goalkeeping

Distribution



This passing distribution practice can be done in a 20x15 playing area without a goal. Arrange a goalkeeper (yellow) midway on one side of the area and up to two servers (blue) midway on each diagonal side with a ball each.

Servers alternate passing to the goalkeeper who takes two touches and passes back to the same server.

The goalkeeper then prepares to receive and repeat with the alternate server.

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 footwork.

KEY FACTORS

- Approach at a slight angle
- Communication
- Decide early on what course of action to take
- Ensure a good quality pass (accuracy, weight and timing)
- Good first touch to receive
- Good/correct technique

FOCUS AREAS

- Encourage the goalkeeper to relax their touch and to gain the advantage by moving the ball forward and across the body to change the angle.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- 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.

PASSING DISTRIBUTION

Improve distribution

