

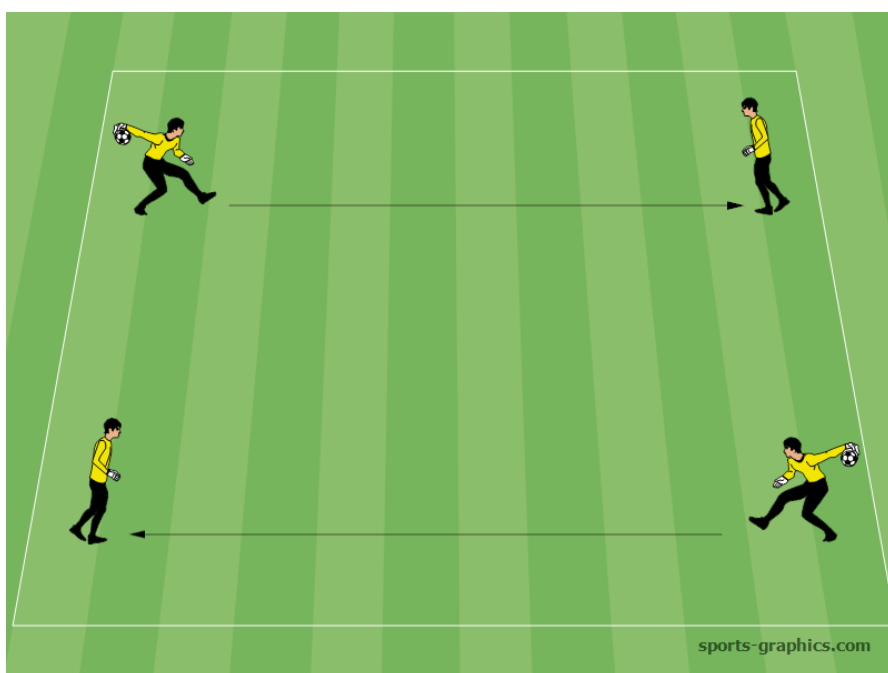
BASIC ROLL TECHNIQUE TO PARTNER

Improve distribution

TECHNICAL

Goalkeeping

Distribution



This practice is to improve the technical execution of the roll technique used for distributing the ball over short distances. Goalkeepers set up 10yds apart. Distances can be adjusted where required. The players roll the ball to each other using the correct technique.

- Point the front foot in the direction of the target
- Use a ten pin bowling action
- Keep low
- Ensure a good follow through
- Aim slightly in front of the receiver or to feet
- Keep the ball low for easy control

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

- Improve basic throwing technique.

KEY FACTORS

- Feet shoulder width apart
- Follow through and stay balanced
- Get into line ready to receive
- Good/correct technique
- Stay light on feet

FOCUS AREAS

- Demonstrate the correct technique.
- Observe the quality of technique.
- Should always be progressive.

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