

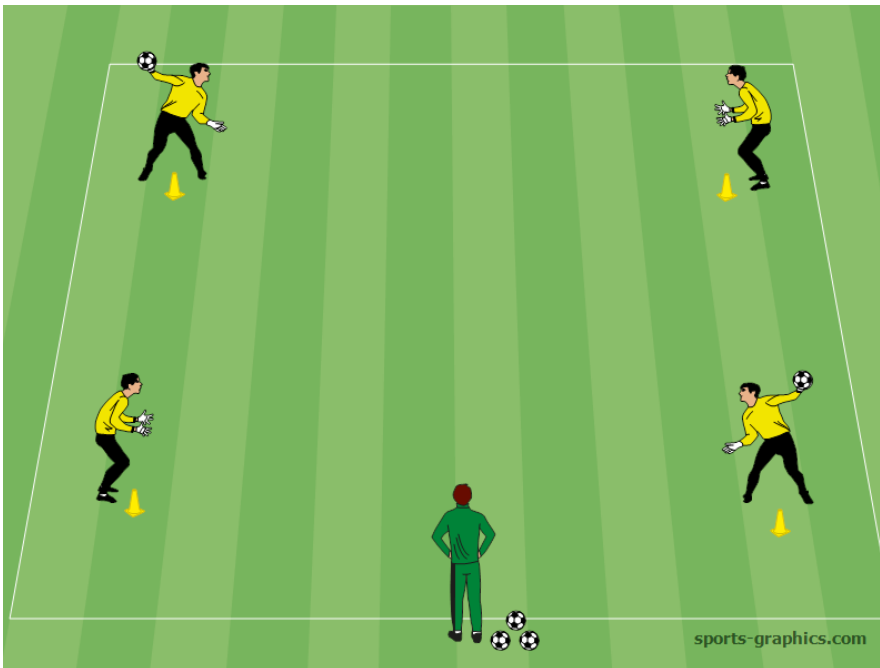
OVERARM THROW TO PARTNER

Improve distribution

TECHNICAL

Goalkeeping

Distribution



This basic practice is designed solely on improving the technical execution of the overarm throw technique used for distributing the ball over longer distances quickly and accurately. Set up a distance of 20yds between the players. Distances can be adjusted where required.

Arrange two goalkeepers as per the diagram. The players throw the ball to each other using the correct technique. The receiving goalkeeper prepares to receive and repeats the process.

Key coaching points to observe are

- Secure ball between palm and forearm
- Point the front foot and non-throwing arm in the direction of the target
- Ensure a straight arm preparation
- Use a fast follow-through and a late

release

- Flick the wrist on delivery to impart slice to the ball
- Ensure elbow is locked through the final part of the release and that there is a full 180-degree rotation

- Avoid high, arcing throws that are difficult to receive

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 basic throwing technique.
- Improve distribution.

KEY FACTORS

- Ensure a good follow through
- Feet shoulder width apart
- Get into line ready to receive
- Good/correct technique
- Light on feet

FOCUS AREAS

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

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