

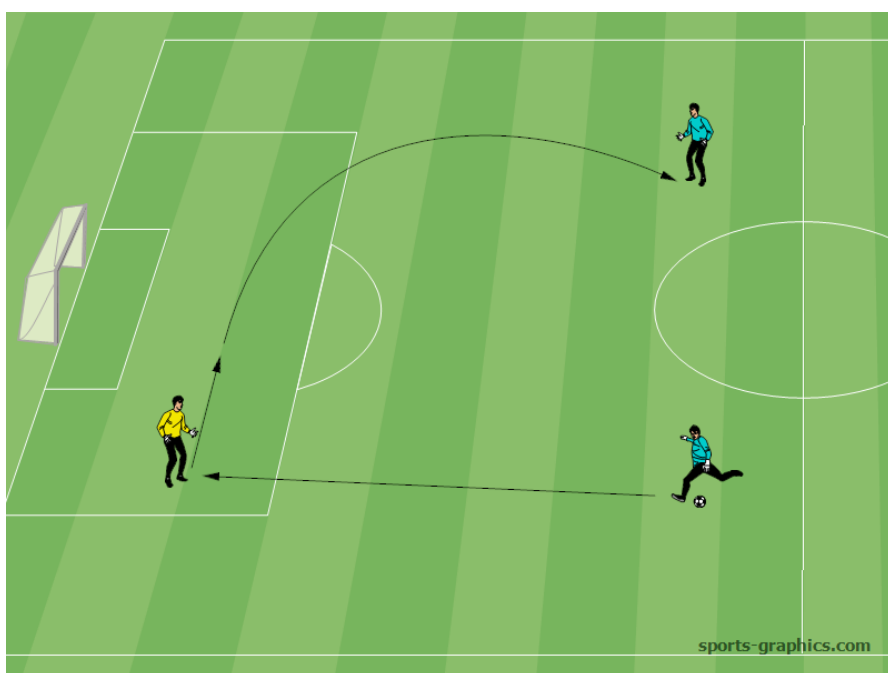
CONTROL, OPEN AND DISTRIBUTE

Improve distribution

TECHNICAL

Goalkeeping

Distribution



This activity focuses on developing long range distribution.

The goalkeeper starts on the same side as the server and receives a pass on their foot furthest from the opposite receiver.

The goalkeeper takes the ball across their body on the first touch and moves the ball across the area opening out to distribute to the receiver.

The goalkeeper makes a long pass to the receiver with the foot opposite to their first touch.

They then receive a pass from the player they just passed to, move back across the area, and repeat the movement.

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

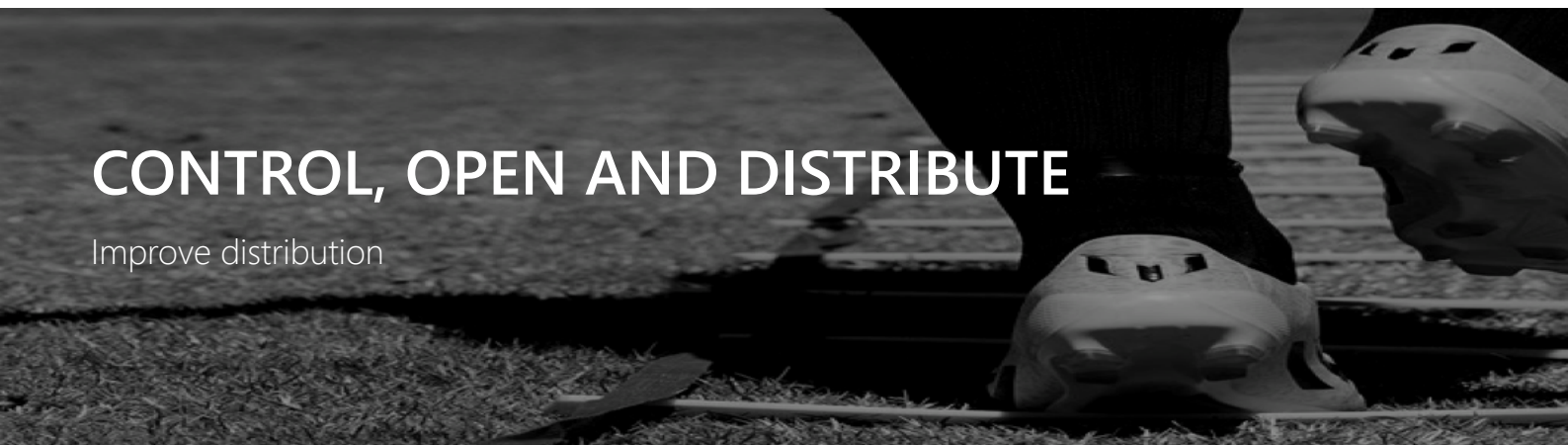
- Accuracy of distribution.
- Correct technical aspects.
- Improve distribution.

KEY FACTORS

- Approach at a slight angle
- Early decision
- Ensure a good quality pass (accuracy, weight and timing)
- First touch forward and across body to change the angle
- Follow through and stay balanced
- Good/correct technique
- Kicking foot angled outward to get under the ball
- Strike ball with the instep

FOCUS AREAS

- Do not take risks in a game related situation.
- Does the goalkeeper consider their movements before, during and after releasing the ball?
- 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.
- 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?



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