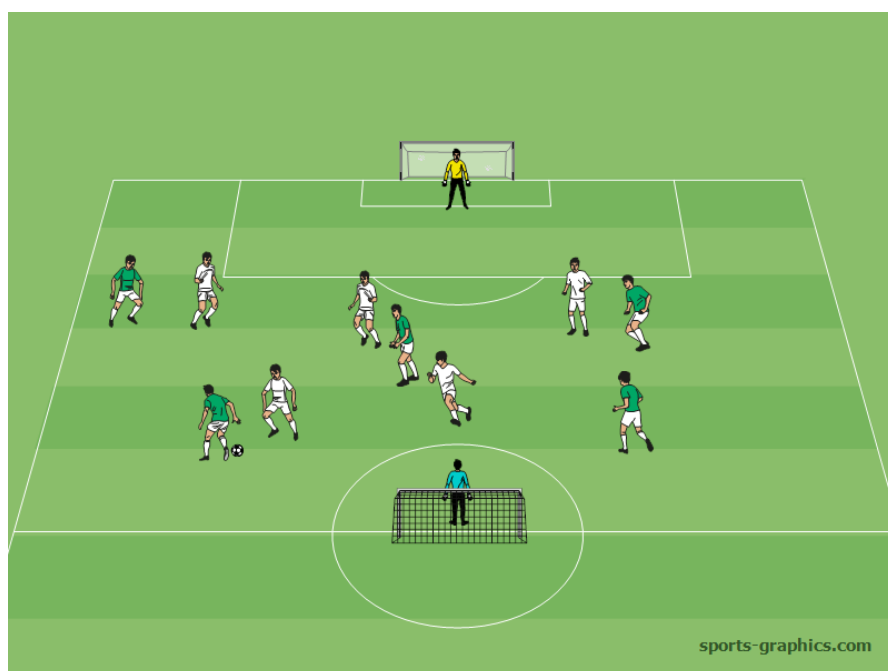


DISTRIBUTION IN A 5v5

Improve distribution

TECHNICAL

Goalkeeping



Distribution

Set up an area that accommodates the number of players.

This practice is a 5v5 over half a pitch with a goal and goalkeeper at each end.

Make play over a set period of time using regular game rules.

Give the goalkeepers the responsibility for ensuring their team is quick when going forward.

Focus on good distribution and different means of distribution (kicking, throwing) to ensure their team is going forward quickly. This could also mean the goalkeeper starts the attack by playing a long ball forward, minimising the amount of time it takes to attack.

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.



Modified Small Sided Game

LEARNING OUTCOMES

- How to play out from the back.
- Improve distribution.
- To understand the passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Decision of number of touches to take without causing undue pressure from the opponent
- Distribute the ball quickly with good weight and accuracy
- Early decision
- Good/correct technique
- Positive attitude

FOCUS AREAS

- Clear communication when collecting the ball.
- Do not take risks in a game related situation.
- Does the goalkeeper consider their movements before, during and after releasing the ball?
- Does the goalkeeper do things quickly?
- 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 goalkeeper focused and organised?
- Is the transition between receiving the ball and distributing the ball quick?
- Observe the quality of technique.

DISTRIBUTION IN A 5v5

Improve distribution

