

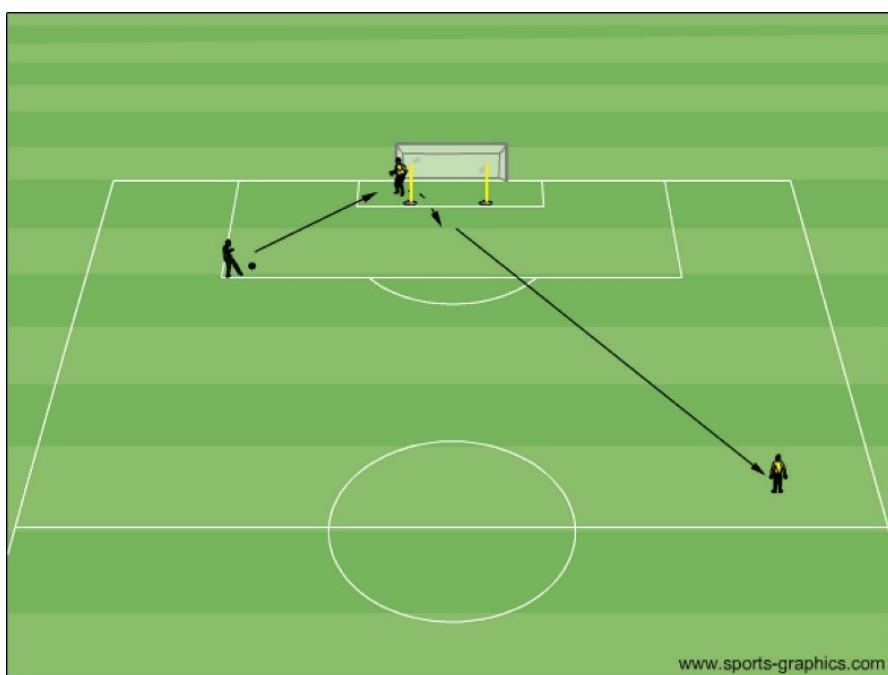
OPEN UP AND SWITCH PLAY

Improve distribution

TECHNICAL

Goalkeeping

Distribution



Set up a goalkeeper in front of a full size goal with two poles on the 6-yard box. Arrange a server (coach) with a quantity of balls at the corner of the 18-yard box. A receiver is at the halfway line. The goalkeeper starts between one pole and the near post. The server passes into the goalkeeper who receives on the foot furthest from the receiver. The goalkeeper takes the ball across the body on first touch and moves the ball across the area, opening to distribute through the poles to the receiver with a long pass and with the foot opposite to the first touch. Repeat and alternate sides.

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.
- Good decision making.
- Improve distribution.
- Is the distribution quick and of good quality?

KEY FACTORS

- Approach at a slight angle
- Communication
- Decide early on what course of action to take
- End product - short pass, long strike, make the right decision
- Ensure a good quality pass (accuracy, weight and timing)
- Follow through and stay balanced
- Good/correct technique
- Positive attitude

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.
- Ensure the goalkeeper uses good footwork to move laterally, forward and backwards in relation to positioning the body for the next action.
- Goalkeeper must stay light on their feet when moving into position.
- 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.

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