

DISTRIBUTE INTO A TARGET PLAYER

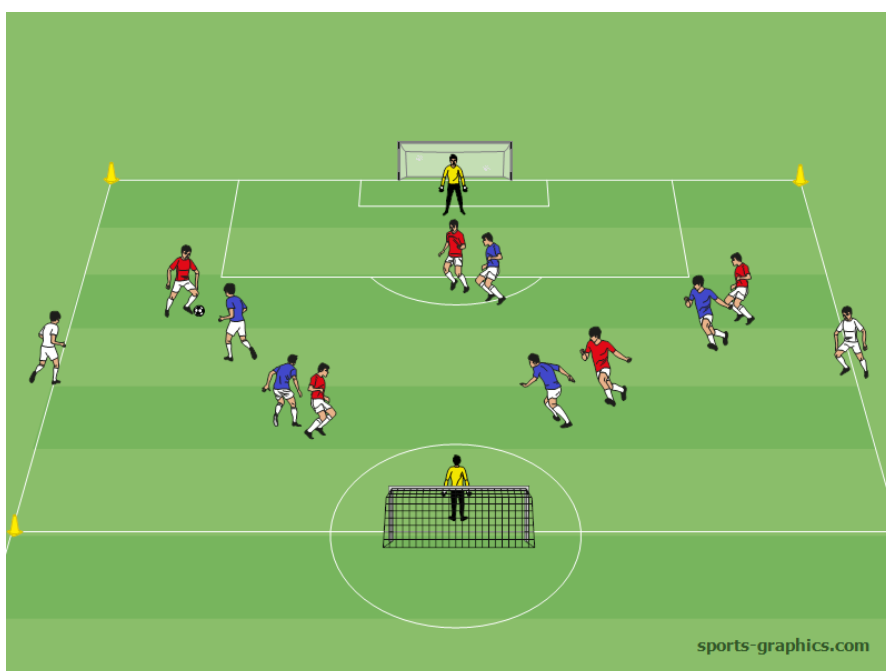
Improve distribution

TECHNICAL

TACTICAL

Goalkeeping

Distribution



Set up a 40x30 playing area with two equal teams and a goalkeeper in a goal at each end. Two outside wingers (white) play as neutral players. Size of playing area can be modified to suit less players where necessary.

Players play a regular game over a set period of time and look to use the outside players as much as possible.

Give the goalkeepers the responsibility for ensuring their teams play quickly when going forward with good varied distribution (kicking, throwing).

This could also mean the goalkeeper starts the attack by playing a long ball to one of the two neutral players on the outside to start an attack from out wide.

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

- Awareness and decision making in quickly changing situations.
- Improve distribution.

KEY FACTORS

- Communication
- Decide early on what course of action to take
- Distribute the ball quickly with good weight and accuracy
- Early decision
- Follow through and stay balanced

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 transition between receiving the ball and distributing the ball quick?
- Observe the quality of technique.



DISTRIBUTE INTO A TARGET PLAYER

Improve distribution