

DISTRIBUTE INTO TARGET GOALKEEPER

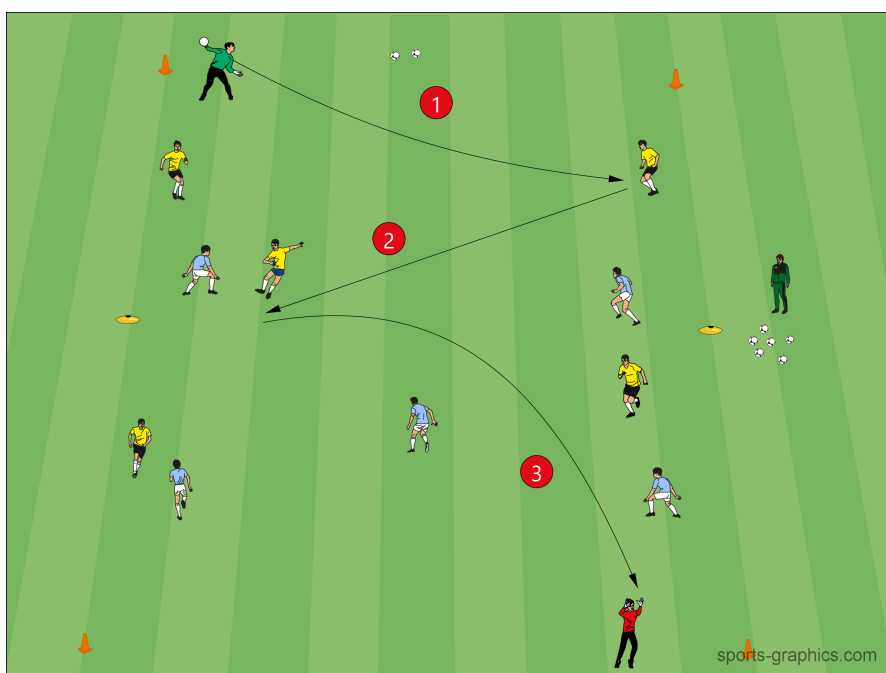
Improve distribution

TECHNICAL

TACTICAL

Goalkeeping

Distribution



Set up a playing area 40x30 with two equal teams. Modify the size to suit.

In this practice, two goalkeepers act as target players on the end lines.

To start, the coach passes a ball into one of the goalkeepers who quickly distributes the ball forward to a teammate with the aim to get the ball passed in the air for the opposite GK to catch.

The goalkeeper collects the ball and then immediately plays into one of their own teammates to initiate an attack in the opposite direction.

This must be done quickly and with accuracy as this ball will create an effective attack if done properly.

Once the ball is dead the practice restarts from the coach/server.

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

- Improve distribution.
- To learn basic handling skills.

KEY FACTORS

- Assess flight and pace of ball
- Communication
- Decide early on what course of action to take
- Good distribution (decision, accuracy and timing of throw)
- 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?
- 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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