

DISTRIBUTE TO START AN ATTACK 2v2

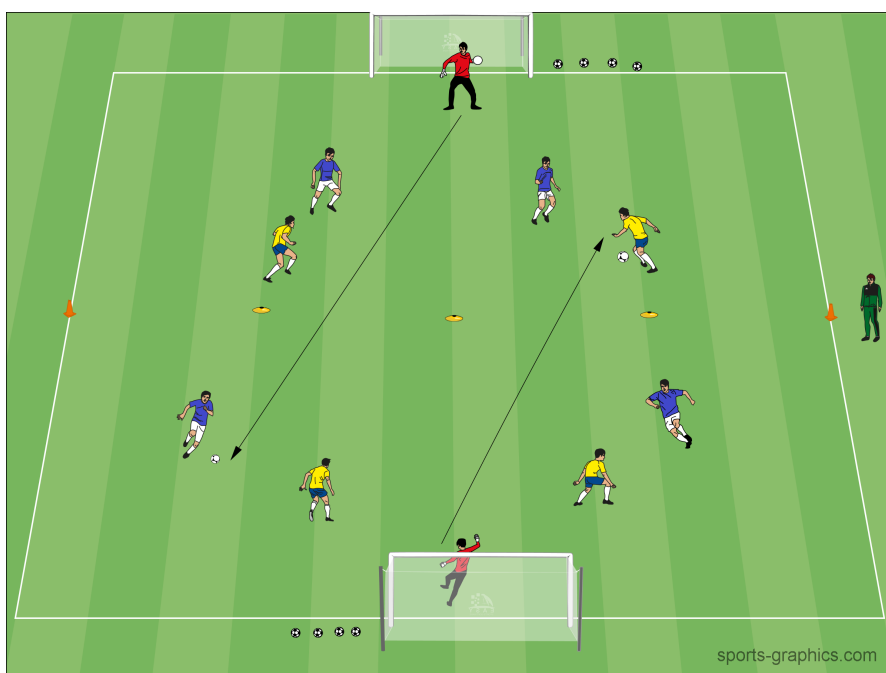
Improve distribution

TECHNICAL

TACTICAL

Goalkeeping

Distribution



Set up a playing area 30x20 with two attackers v two defenders in each half as per the diagram. The size of the area can be modified to suit.

On the signal from the coach, both goalkeepers simultaneously look to distribute their ball forward into the attacking half of the playing area to their teammates, to create a 2v2.

The goalkeepers then work with their defenders (teammates) to try and prevent a goal being scored. Once the ball goes dead or a goal scored at either end, the practice is repeated with both goalkeepers waiting for a signal to distribute the ball forward. Keep score.

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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