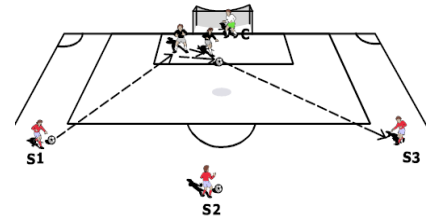


DISTRIBUTION – DEALING WITH PASSBACKS

Activity 1 – Receive and Pass

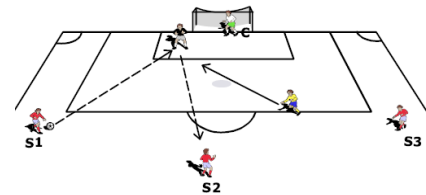
Three servers, two of the servers with balls. Servers play balls into the goalkeeper at different speeds and angles. Server 1 (S1) plays ball into the goalkeeper. The goalkeeper receives the ball and on 2nd touch plays server who doesn't have a ball. Progress to the goalkeeper only using one touch to play the ball to the open server.



- Communication – before & after the pass
- Angle of approach
- Type of pass
- Starting Position
- 1st Touch – Where, When, Why?

Activity 2 – Receive and Pass Under Pressure

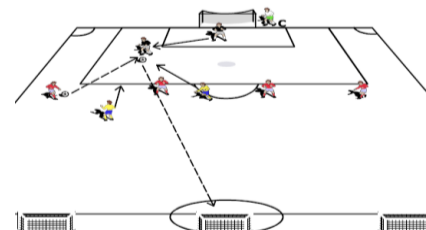
Three servers, one attacker. Servers are set as shown in diagram. Servers play balls into the goalkeeper at different speeds and angles. Server 1 (S1) plays ball into the goalkeeper. Attacker applies pressure to the goalkeeper. Goalkeeper plays the ball to open servers on 1st touch or 2 touches. Ensure intensity and pressure on the goalkeeper.



- Communication – before & after the pass
- Angle of approach – where is the pressure coming from?
- Type of pass
- Starting Position
- 1st Touch – Where, When, Why?

Activity 3 – Save and React

Goalkeeper + 4 Defenders vs. 2 Attackers, with 3 targets just on the other side of the halfway line. Servers play balls into the goalkeeper at different speeds and angles. Defenders must keep possession and play the ball back to the goalkeeper for the the goalkeeper to clear and hit the wide targets. Defenders should try to score in the three goals.



- Communication – before & after the pass
- Angle of approach
- Passing – keep possession or clear under pressure?
- Starting Position
- 1st Touch – Where, When, Why?

Activity 4 – Small Sided Game

Goalkeeper integrates with the team. Field size is reduced to a half field. Teams play 7v7 without restrictions. The idea is now to see if the goalkeeper has taken onboard the coaching points from the previous activities. Encourage quick decisions. Normal rules apply with corners, throw ins, goal kicks, etc.



- Have the goalkeepers understood the key coaching points from the previous activity?
- Re-iterate the points as necessary.
- Take position behind the goal and to be able to make points to goalkeeper