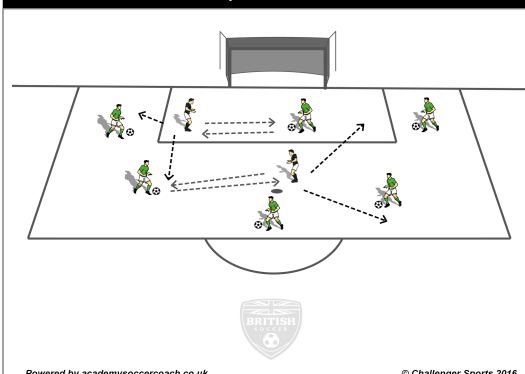


Topic: Distribution

Objective: Learn how to roll/throw/kick with the correct technique

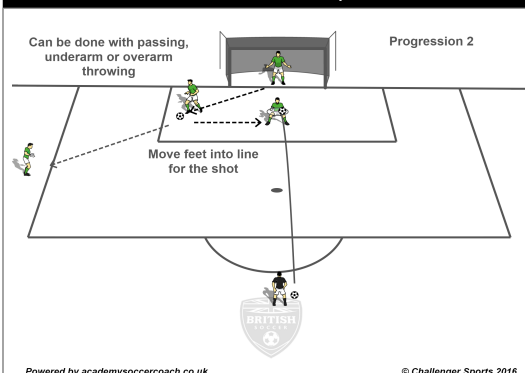
Session Part: Warm up



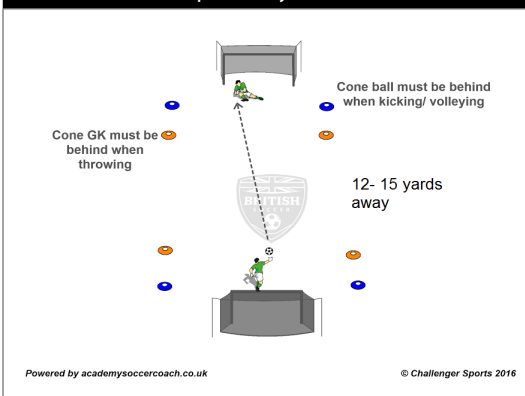
Session Part: Individual Activity



Session Part: Partner/Small Group



Session Part: Group Activity



Organization

Time:

15

Area: 20 x 20
 Numbers: Group
 Half the Goalkeeper's start with the ball, half without. Open play - control with one foot pass with the inside of the other to help Goalkeeper's learn use both feet and take the ball out of the danger area. Passing player can also apply pressure to encourage Goalkeeper's to move the ball with their first touch. Allow Goalkeeper's this time to self learn the three types of distribution - Coach can then correct the techniques individually.

Progressions

Rolling instead of passing - receiving Goalkeeper's will pick up using a scoop. Progress to throwing and catching with a 'W' Shape Catch or Basket Catch.

Coaching Points

- Transfer of body weight from back to front.
- Release the roll and throw out of the tips of the fingers.
- Roll releases from the floor, throw releases with straight elbow passing the ear.

Organization

Time:

15

Area: 12 yards apart
 Numbers: In pairs
 Roll - place a cone with a ball on top in the middle, as shown. Aim is to roll the ball at the cone and knock ball off. The opposite foot to rolling hand steps forward, while other knee on the ball side bends to the floor. Ball is released next to the bent knee. Throw - both Goalkeeper's have a cone with ball on top in front of them. Aim is to knock partner's ball off. Keep throwing arm straight. Non-throwing arms comes up then down pulling throwing arm over past the ear.

Progressions

Aim of the throw is to have the ball bounce at least once before reaching the partner's cone. Encourages giving the receiving player a good throw to their feet to control easily.

Coaching Points

- Roll - smooth distribution with no bounce.
- Throw - start with shoulder on the non-throwing arm side facing intended target. Arms move in opposite motion (like a seesaw!). Release ball in front of the body.

Organization

Time:

15

Area: 15-18 yards
 Numbers: In pairs
 Working Goalkeeper starts in the middle of the goal with a ball in hand. On the Coach's call of 'GO', rolls underarm or throws out overarm to the partner who is in the position of a wide defender in a game. Goalkeeper then gets up, cross steps out to make a save from the coach who shoots/volleys with power. Coach is on the 18 yard line. Goalkeeper's/servers keep rotating each time.

Progressions

Coach starts by passing ball on the floor into the Goalkeeper, who now takes a touch and players out to their partner. Goalkeeper then makes the save as before. Encourages playing the ball wide.

Coaching Points

- Quick distribution - when to roll, throw or play with feet depending on the situation/where the receiving player is.
- Accurate distribution. Focus on target.

Organization

Time:

15

Area: Two goals, 12-15 yards away
 Numbers: Either one or two Goalkeeper's in each goal.
 Goalie Wars - Goalkeeper's can use any distribution technique (kicking, rolling or throwing) as a shot. If the Goalkeeper scores, they get a point, if save is made than the other Goalkeeper gets to return the shot. When playing with two in each goal, whichever Goalkeeper makes the save the other Goalkeeper shoots back. If a Goalkeeper misses the target then they have to run and get the ball back while other teams shoots at remaining Goalkeeper.

Progressions

Coaching Points

- Distribute with correct technique for kick, roll and throw. Aim to use all three at some point.
- Aim and distribute to intended target/part of the goal.