
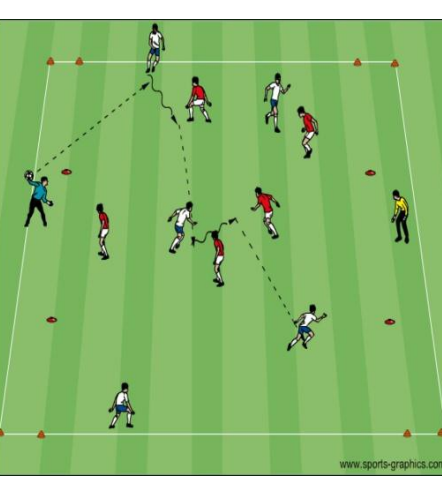
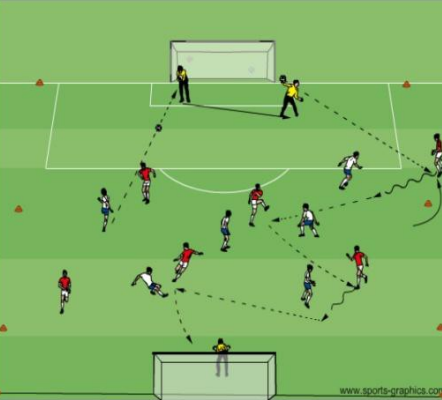


Topic: Goalkeeper Distribution

Objective: To improve the GK's ability and decision making in ball distribution with his/her hands and feet

Technical Warm up	Organization	Coaching Pts.
	<p>Group Passing and Moving with GK's: Players will pass and move and GK will call for the ball and first return the pass with:</p> <ul style="list-style-type: none"> • Feet (2 touches) • Scoop and throw • Catch and throw <p>Coach: Work on the techniques of catching and distributing the ball properly to the appropriate side/ player on the field.</p>	<ul style="list-style-type: none"> • How to receive and pass the soccer ball with his/her feet • Catching Technique • Highest point on high balls yelling Keeper • Technique of throws: <ul style="list-style-type: none"> ✓ Bowl ✓ Baseball ✓ Sling <p style="text-align: right;"><i>Time: 15 minutes</i></p>
Small Sided Game	Organization	Coaching Pts.
	<p>5v5 + GK as Targets: In a 40x50 yard grid, divide the team into two teams of 5. Each team has a GK in a 3 yard end zone. The team scores a point when they connect with the GK. The GK must restart the game by distributing the soccer ball with his hands as soon as possible. When the defending team regains the soccer ball, it must be passed to the GK so he/she can distribute it with his/her feet.</p>	<ul style="list-style-type: none"> • Distribution with the foot <ul style="list-style-type: none"> ○ Be in line with the ball to receive ○ Take a first touch away from the middle of the field, if you have time ○ 2nd is the touch pass ○ Practice using the left and right foot • Distribution with hands <ul style="list-style-type: none"> ○ Quick look at the pitch to ID who is in the best position ○ Decide quickly what throw to use ○ Concentrate on accuracy <p style="text-align: right;"><i>Times: 15 minutes</i></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>6v6+Gk: In 40x50 yard grid with full size goals, two teams will play. Every time the GK has possession of the ball, he/she will distribute the soccer ball with a throw or with his/her feet.</p> <p>Coach: Get players to open up as soon as GK gets the ball so he/she can have good options to serve the ball to.</p>	<ul style="list-style-type: none"> • All of the above • To use feet • Move away from goal area <ul style="list-style-type: none"> ○ Communicate by saying "Drop" or "Back" ○ Be in line w/soccer-ball to receive or clear it <p>Team:</p> <ul style="list-style-type: none"> • Players need to open up quickly facing the field in order to receive the ball <p style="text-align: right;"><i>Time: 20 minutes</i></p>
Game	Organization	Coaching Pts.
6v6 to 8v8 Scrimmage	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	