

GI GA

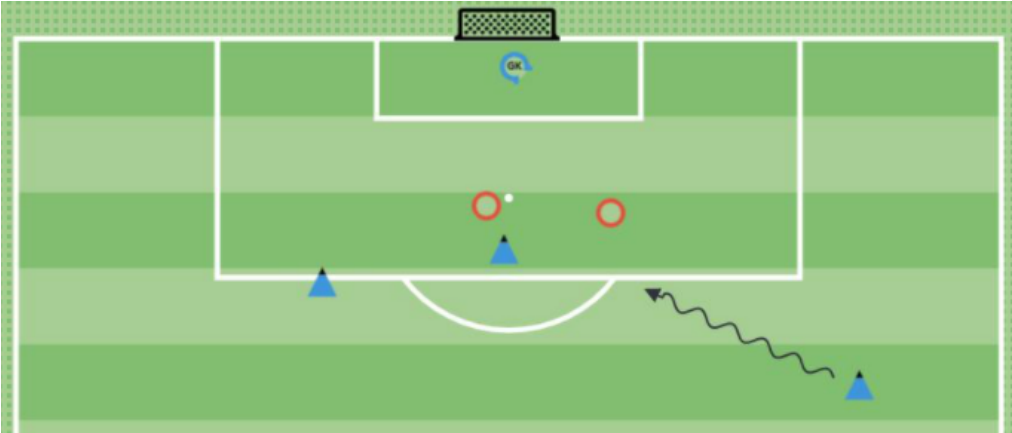
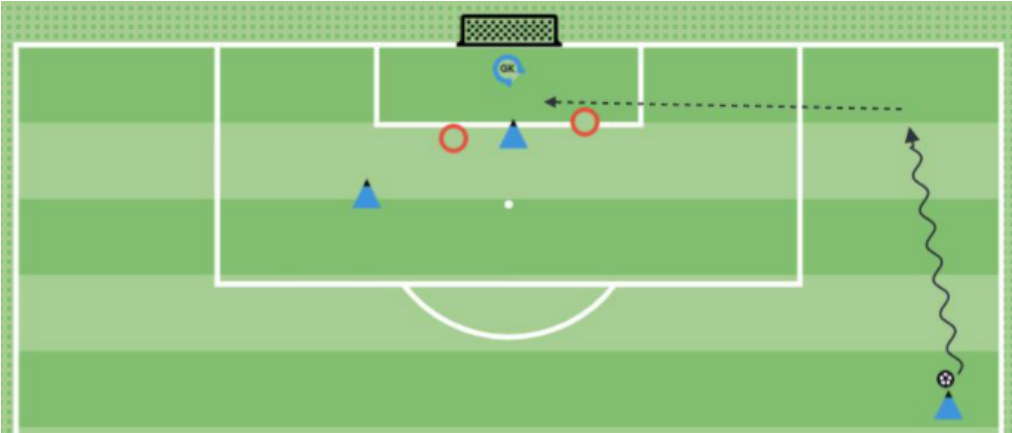
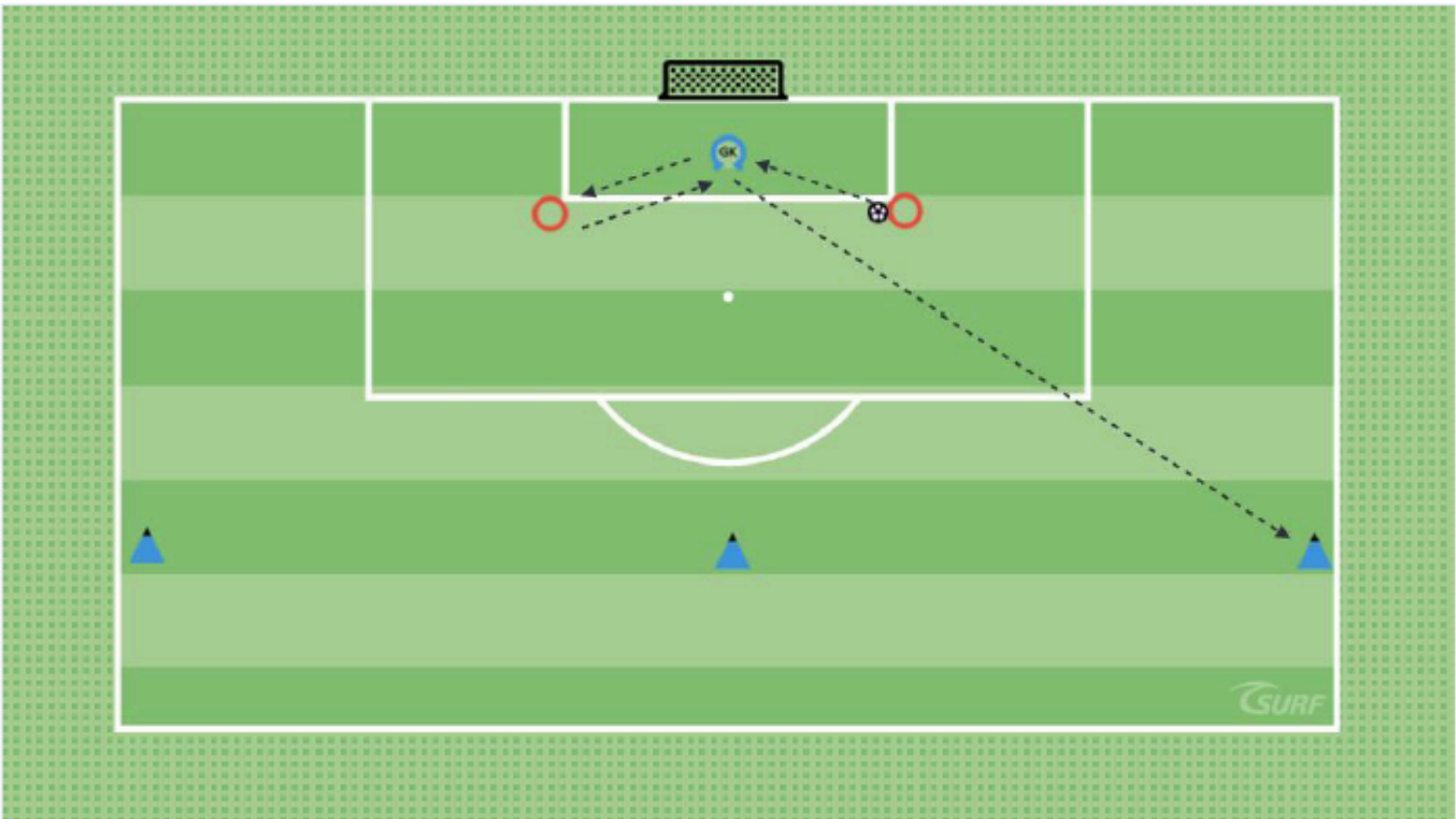


Distribution Sessions



Short > long distribution into defensive transition to deal w/ a cross and/or shot stopping

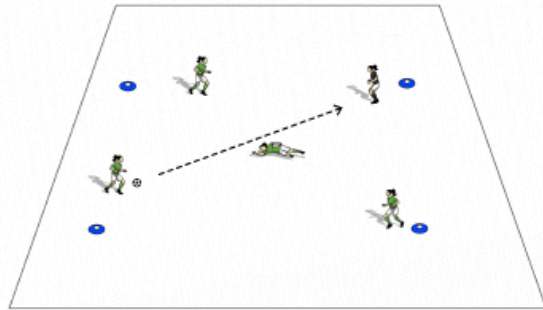
Written by Louis Hunt



Key Coaching Points

- **Build out**
Movement to support the ball (think about angle of body shape, height/depth of support) - Prep touch (ball out in front of you to set up pass) - weight/angle/quality of pass (set receiver up for success with angle of pass)
- **Defensive Trans to Deal w/ cross**
Organisation of defender s- awareness of attackers runs - position in goal based on height/depth/angle of crosser as they deliver ball - decision on whether to come out and claim cross or get in line, set and be ready to save
- **Defensive Trans for shot stopping**
Organisation of defenders - awareness of attackers runs - movement in goal based on area the ball is in to be ready to save - save decision (based on timing of shot, angle/position of ball), forwards body shape

I. GK Rondo's



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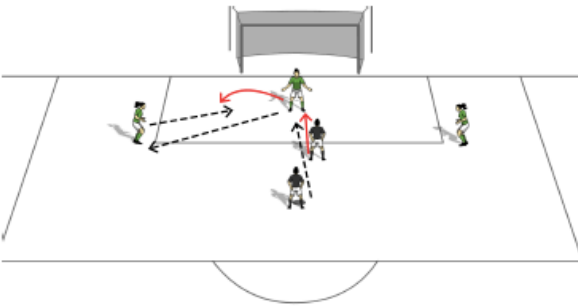
DURATION: 5 FIELD SIZE: 5x5 INTENSITY/LOAD: Medium Light ▼

COACHING POINTS:

One GK works in the middle for 30 seconds. She attempts to intercept outside GKs passes by making block saves, 1v1/breakaway saves/interceptions.

Outside player work on 1 & 2 touch passes under pressure from central GK

II. Build out Body Shape Technique



DURATION: 10 FIELD SIZE: PK Box INTENSITY/LOAD: Medium Light ▼

COACHING POINTS:

Coach serves ball to GK who works left to right at passing to wide server, giving angle to support, re-receiving it & switching lay out to opposite server. This continues going from right to left.

An extra Coach/Runner works in front of GK putting pressure on them to make a little more game-realistic

Coaching Points;
Scan field/Check shoulder, Open body to receive, angle/weight of pass to server, movement for supporting angle, composure under pressure.

III. Multiple saves and Build Out Technique



DURATION: 10 FIELD SIZE: PK Box INTENSITY/LOAD: Medium ▼

COACHING POINTS:

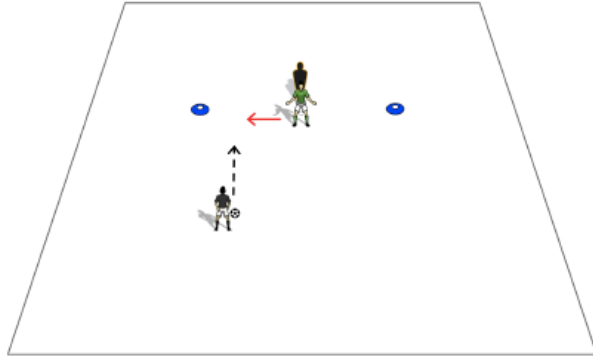
GK work on passing & receiving while serves have option to pass ball back to GK, pass to each other, or take a shot / 1v1 on goal.

C.P's

Being prepared for "what if" a shot comes in, prepared set position, adapt to different scenario as ball moves across PK box and into servers feet, decision making on type of save based on servers first touch if they go to goal (set to save/react, 1v1-breakaway type save, block save).

Positive Goalkeeping - be proactive in moments of close range save opportunities.

I. Physical Warm Up



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DURATION: 20mins FIELD SIZE: 5x10 INTENSITY: Medium Light

ORGANIZATION & COACHING POINTS:

Warm up w/ field players - activation & mobility - 10mins

GK starts in front of mannequin & works across to set and save

1. low serve to scoops
2. Volley serve for chest/head height save

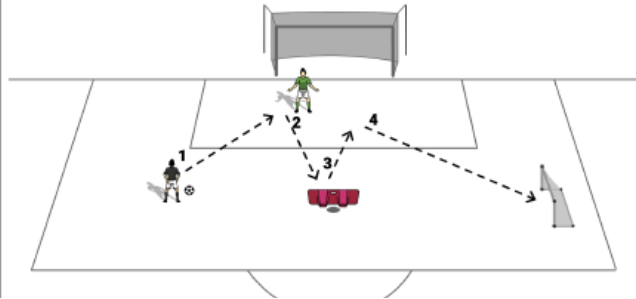
C.P's

Small fast steps across to get in line.

Weight forward in balanced set position - feet planted - body still - hands/elbows out in front.

Work 5 times each side, each rep - switch sides

II. Handling Warm Up



DURATION: 20mins FIELD SIZE: PK Box INTENSITY: Medium Light

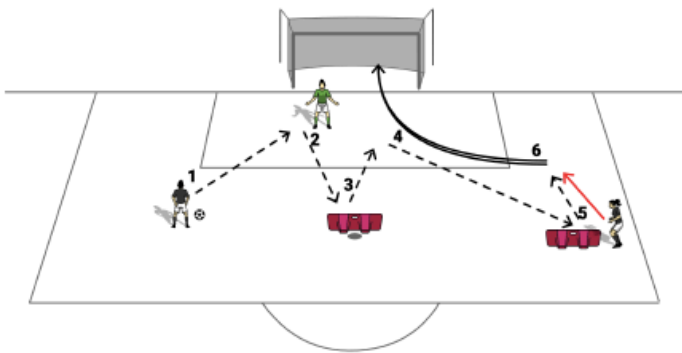
ORGANIZATION & COACHING POINTS:

1. GK steps forward to set for serve from coach working on handling to the body
2. GK then spots ball central and passes into the rebounder
3. GK re-receives ball off rebounder with positive first touch forward to prep for distribution
4. GK makes inside of foot pass into mini goal

Switch sides after 3-5 reps

Progression - switch rebounder with a GK so its a 1-2 pass

III. Handling & Short Passes

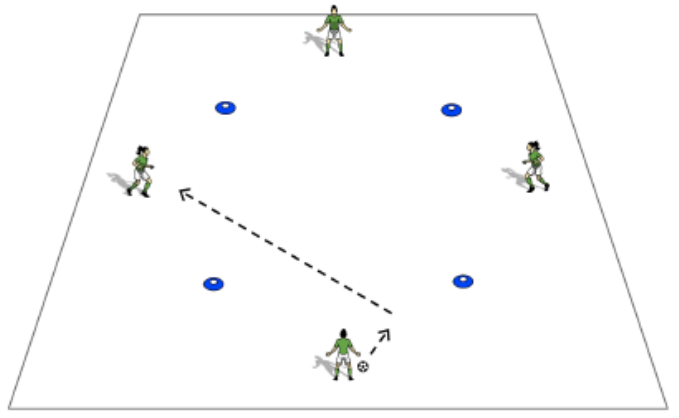


DURATION: 10mins FIELD SIZE: PK Box INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

1. Back set and simple low dive save
2. Spot ball centrally to set up build out
- 3-4. re-receive ball & distribute out to wide rebounder
5. Ball rebounds at different angles off wide rebounder setting up coach to finish at goal
6. Coach either shoots, goes 1v1, or sets up a cut back cross for GK to save

I. Prep Touch Warm Up



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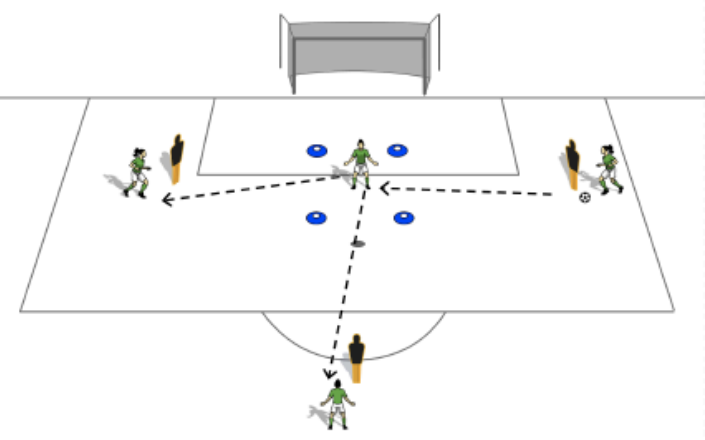
DURATION: 10 FIELD SIZE: 4x4 INTENSITY: Medium Light

ORGANIZATION & COACHING POINTS:

GKs work two touch - must receive outside the box, but pass must go through (inside) the box. Decision on who to pass to is determined by quality/angle of first touch.

- C.Ps;
- Touch, Step(s), Pass, Step - feet must be balanced and ready to receive
- Angle of prep touch - where do you want ball to go
- Weight, quality of pass.
- Movement back once pass is made to get re-ready

II.

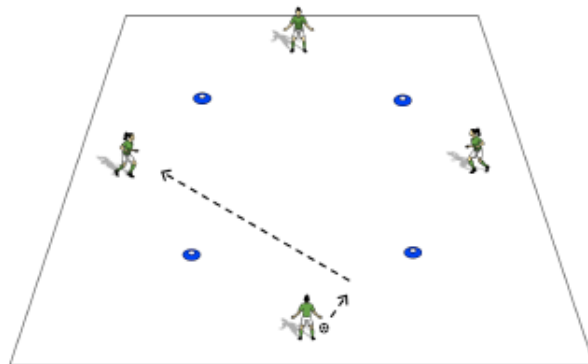


DURATION: FIELD SIZE: INTENSITY: Medium Light

ORGANIZATION & COACHING POINTS:

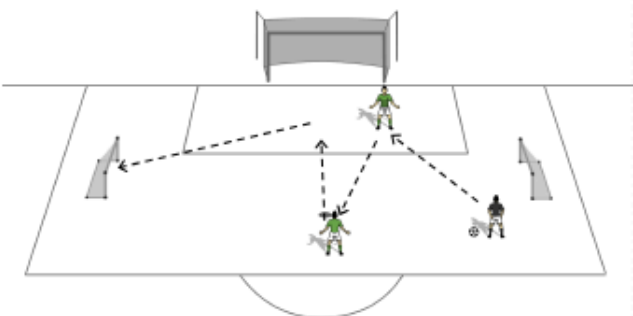
Servers pass to GK who must receive in box working on pre touch & angle to play any of the three outside players. Outside players can either hide behind mannequins (meaning they are unavailable to pass), or pop out either side of mannequin to work on GKs decision making and awareness while building out. To progress, one of the outside players can press the GK at any time to act as a Forward

I. Prep Touch Warm Up

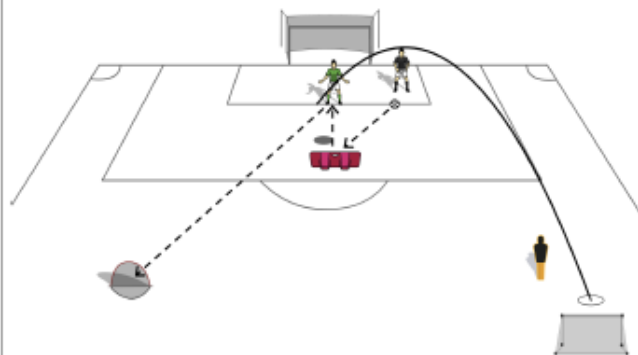


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II. Short Build Out



III. Long Range Build Out



DURATION: 10min FIELD SIZE: 4x4 INTENSITY: Light

ORGANIZATION & COACHING POINTS:

Dynamic warm up throughout

GKs work two touch - must receive outside the box, but pass must go through (inside) the box. Decision on who to pass to is determined by quality/angle of first touch.

C.Ps;

Touch, Step(s), Pass, Step - feet must be balanced and ready to receive

Angle of prep touch - where do you want ball to go

Weight, quality of pass.

Movement back once pass is made to get re-ready

DURATION: 10mins FIELD SIZE: PK Box INTENSITY: Medium Light

ORGANIZATION & COACHING POINTS:

GK receives ball from wide player, to play central, to re-receive and play wide into target goal.

GK must play two touch

Progression;

1) GK plays one touch

2) GK receives a volley serve for handling before distributing centrally. Receives to switch play. Wide receiver then dribbles to end line for cut back - GK adjusts angle based wide players touches, dribbling angle.

DURATION: 10 FIELD SIZE: 1/2 field INTENSITY: Medium Light

ORGANIZATION & COACHING POINTS:

Coaches plays ball off rebounder for GK to receive with prep touch and hit longer build out passes

a) driven pass on ground

b) longer skip pass

c) driven ball in air

d) GK receives ball in hands off rebounder and over arm throw out

I. GK Rondo

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DURATION: FIELD SIZE: INTENSITY: Medium Light ▼

ORGANIZATION & COACHING POINTS:

GKs work rondo style to keep the ball away from central GK who attempts to intercept 1v1, block, breakaway style.
 30 sec reps
 2 rounds each. Stretch in between

II. Build Out

DURATION: FIELD SIZE: INTENSITY: Medium Light ▼

ORGANIZATION & COACHING POINTS:

GK receives from server to play a 1-2 with rebounder.
 GK then preps touch and distribute mid range;
 1) break lines on ground into mini goal
 2) skip lines into mini goal

DURATION: FIELD SIZE: INTENSITY: Medium ▼

ORGANIZATION & COACHING POINTS:

1) Coach serves for handling (increase difficulty as activity progresses).
 2) Coach passes to rebounder for server to shoot on an angle
 3) Or Coaches' second pass goes opposite side for a 1v1