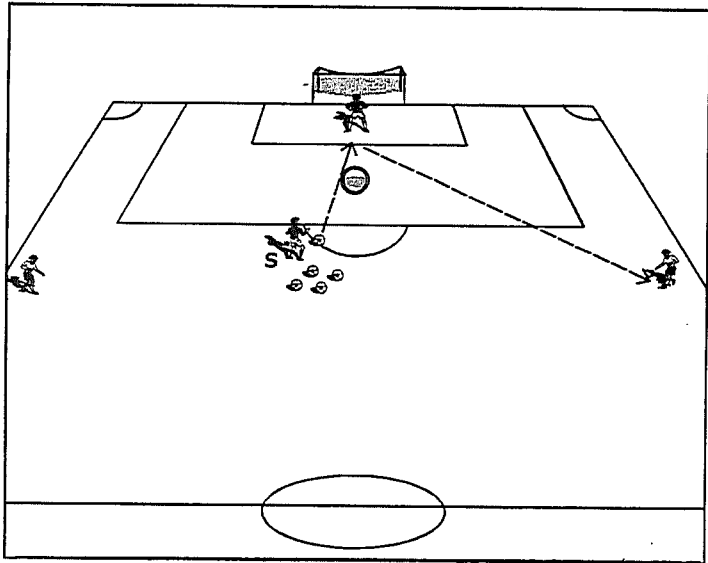


Distribution

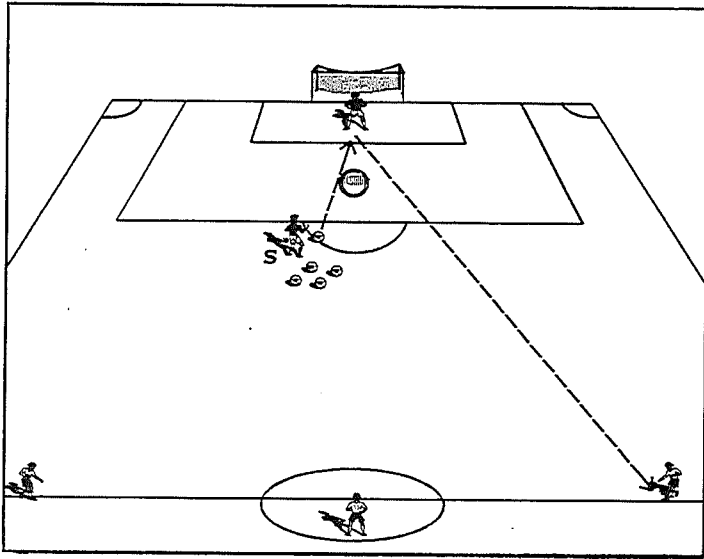


DISTRIBUTION

Instructions: Server (S) shoots on goal. (GK) makes the save and plays ball to one of the targets
Variations: 1) GK throws the ball to hit target 2) GK bowls the ball to hit target 3) Have targets moving 4) Add Mid-Field target

Coaching Points:

- 1) Catching 2) Throwing 3) Communication 4) Support

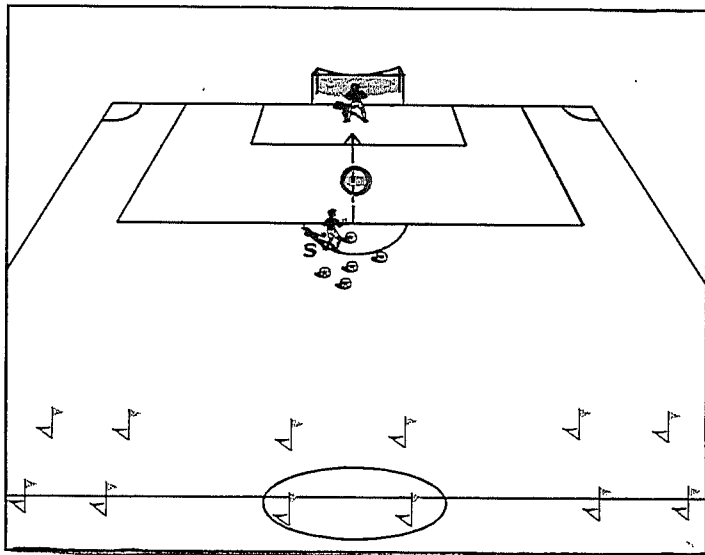


DISTRIBUTION

Instructions: Server (S) shoots on goal. (GK) makes the save and plays ball to one of the targets
Variations: 1) GK Volleys from hands to hit target 2) GK drop kicks to hit target 3) GK side volley to hit target 4) Have targets moving

Coaching Points:

- 1) Catching 2) Kicking from hands 3) Communication 4) Support



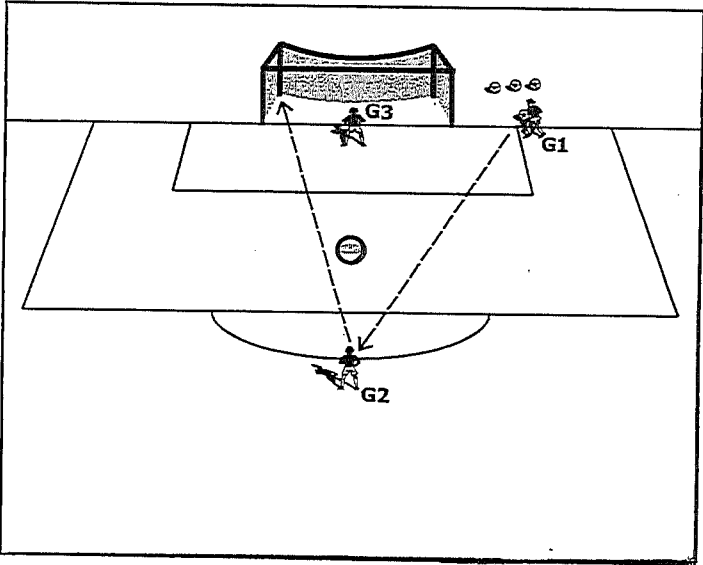
DISTRIBUTION

Instructions: Server (S) plays ball into (GK) GK receives the ball and attempts to play ball into either of the 3 Target areas.
Variations: 1) GK Volleys from hands 2) GK drop kicks 3) GK side volley 4) make target areas smaller

Coaching Points:

- 1) Catching 2) Kicking from hands

Distribution



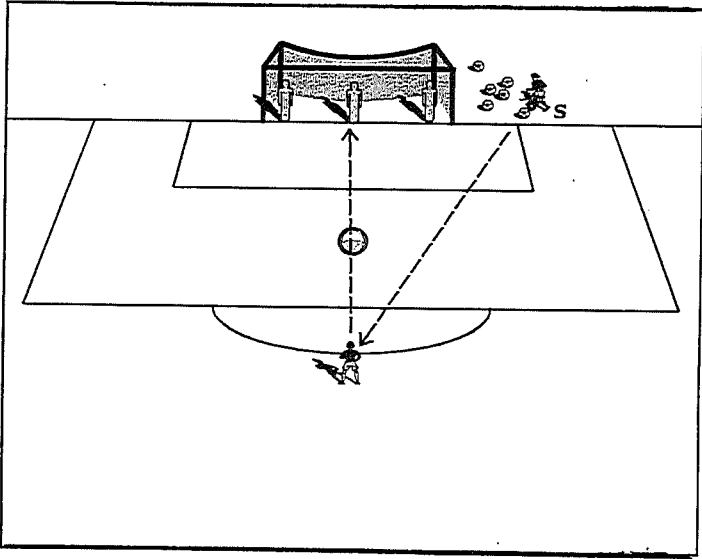
DISTRIBUTION

Instructions: G1 throws the ball to G2. G2 catches the ball. G2 throws the ball at goal for G3 to save. GK rotate in numerical order. First GK to score 5 goals wins.

Variations: 1) Serve from both sides of goal 2) G1 kicks ball from ground in G2 Hands 3) G2 attempts to score using a drop kick or full volleys 4) G1 serves ball to G3 with a drop kick or full volley

Coaching Points:

- 1) Set Position 2) Catching 3) Diving 4) Throwing 5) Kicking from Hands



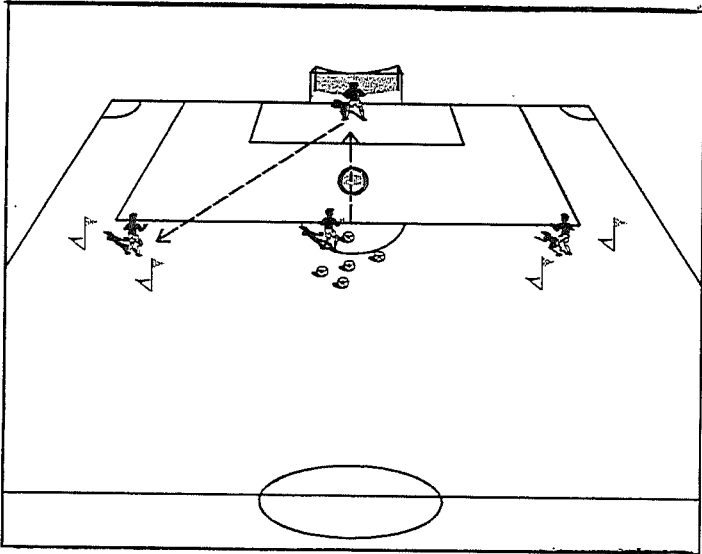
DISTRIBUTION

Instructions: Server (S) plays ball into GK. GK catches the ball and attempts to hit a pre-determined target.

Variations: 1) Serve from both sides of goal 2) GK throws the ball to hit target 3) GK bowls the ball to hit target 4) GK drop kicks the ball to hit target

Coaching Points:

- 1) Catching 2) Throwing 3) Kicking from Hands



DISTRIBUTION

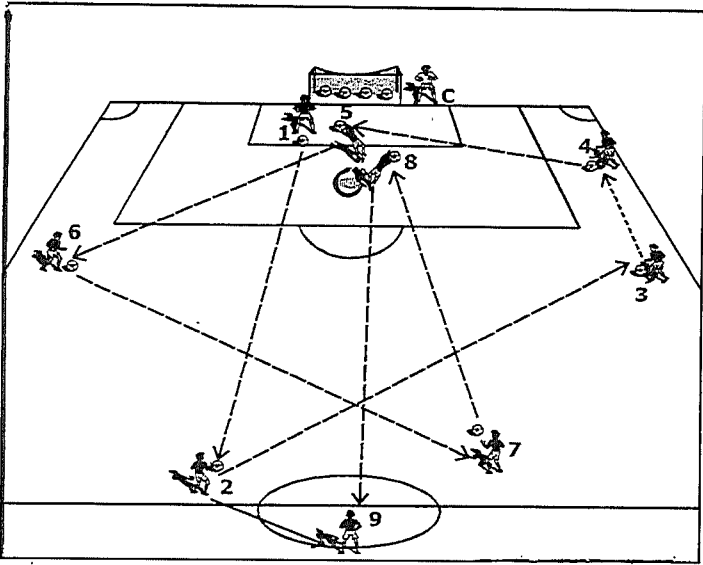
Instructions: Server (S) shoots on goal. GK makes the save and attempts to score on either of the 2 goals

Variations: 1) GK Volleys from hands 2) GK drop kicks 3) GK side volley 4) GK throws 5) move the goals out further

Coaching Points:

- 1) Catching 2) Kicking from hands 3) Throwing 4) Set Position

Distribution



Set up: COACH YOUR GK DISTRIBUTION: THROWING AND KICKING INTRO

On a full field with supply of balls in the goal with 4 target players

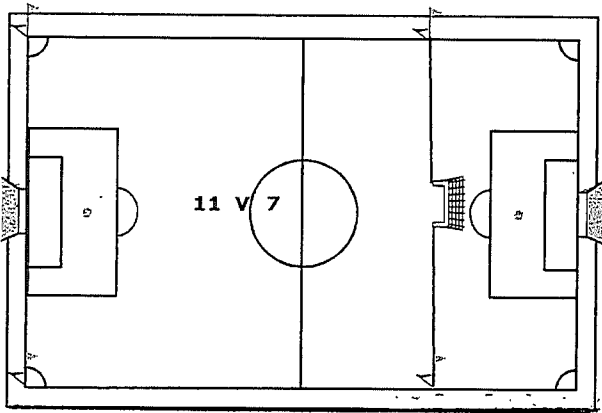
The exercise always restarts with a goal kick from GK

- Instructions:** 1) GK plays a goal kick to target 2) Target receives goal kick and plays to wide player 3) Wide player receives ball and dribbles down the line 4) Wide player delivers cross into penalty area 5) GK claims cross and throws to FB on opposite side 6) FB receives ball and plays to forward target 7) Target receives ball and plays aerial ball for GK to claim 8) GK claims aerial ball and plays (volley or half-volley) to deep target 9) Deep target receives ball from GK and plays to left sided wide player to start sequence again.

Coaching Points: for the following:
Ball Striking Technique, Starting Position, Catching Technique, Throwing Technique, Footwork, Kicking From Hands

COACH YOUR GK DISTRIBUTION: GAME

Play 11 versus 7 on 3/4 pitch



Instructions:

GK must distribute best option

Coaching Points:

- 1st option: look for 1 v 1 and unbalanced defense
- Ball past pressure
- Keep possession
- Communication
- Quality Kick or Throw
- Counter quickly when situation arises