

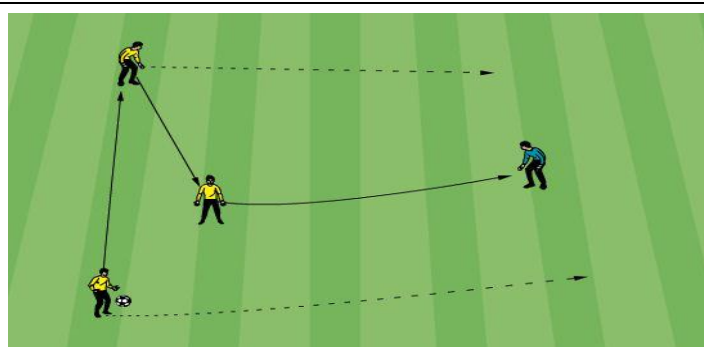
## SESSION THEME: GK Distribution

### Organization

- \* Groups of 4 and one ball
- \* 3 players start by passing the balls short and then hit a long pass to a far player
- \* Two of the players then join the other player
- \* Vary the distribution and passing between the small group
- from rolling and passing
- \* Vary the long distribution from, kicking, throwing and punting

### Coaching Points

- \* Make your decision early on which type of distribution you will use
- \* Make eye contact with the receiving player
- \* Follow through



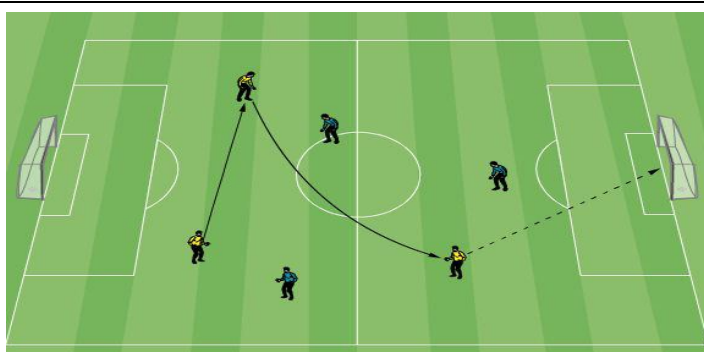
## PHASE II

### Organization

- \* 3 V 3 to small goals
- \* Keepers either roll or sling throw the ball amongst themselves
- \* Goals can only be scored by rolling the ball through the goal
- \* Possession is lost if a ball is intercepted or goes out of bounds
- \* No tackling or attempting to remove the ball from the opponents hands.

### Coaching Points

- Roll Pass**
  - \* Front foot pointing towards receiving player
  - \* Bend the knees
  - \* Keep the ball on the ground
- Sling Throw**
  - \* Front foot pointing towards receiving player
  - \* Bring a straight arm over the head
  - \* Follow through



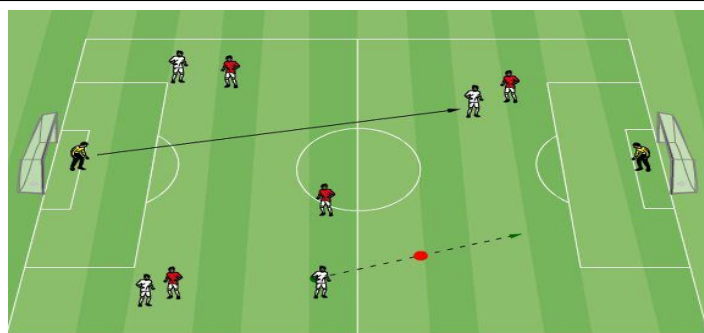
## PHASE III

### Organization

- \* 5 v 5
- \* Add a halfway line
- \* The attacking player for the team must always stay in the attacking half
- \* No offside rule applies
- \* Teams score double if the goal is scored by starting from a ball distributed by the goalkeeper
- \* Coaching position needs to be in and around the keepers area

### Coaching Points

- \* Look forward first when in keeper has possession
- \* Decision making of which source of distribution is used
- \* Team shape – wide and long
- \* Playing to feet or space



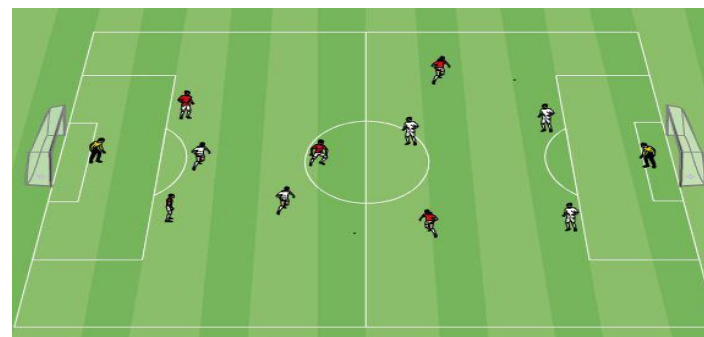
## PHASE IIII

### Organization

- \* 6 V 6 including GK's or whatever numbers work out for group
- \* Normal soccer rules
- \* Little to **NO** coaching

### Coaching Points

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## FITNESS / CONDITIONING