



# Improving distribution skills & angles of support

**Category:** Goalkeeping: Distribution  
**Difficulty:** Moderate

Reseller-Club: GkNexus  
Gk Nexus, [www.gknexus.com](http://www.gknexus.com), United Kingdom

## Screen 1

### Organisation:

Set up as shown above, ensuring you have Lanes 1 & 2, as shown.

P1 must pass ball down Lane1 to P2. P2 then shifts the ball across into Lane2 and passes the ball down Lane 2 to P2, who is waiting to receive the pass.

If the ball leaves either lane after a players pass or control, it's a point to the other player.

Reverse the direction of the ball, to ensure adequate practice of control/passing with both feet.

### Progresion(s):

Limit to 2 touches

Can only control with inside/outside of foot

Time restraints

Use hands and implement volleys, still using lanes and player movement

Increase distance of lanes

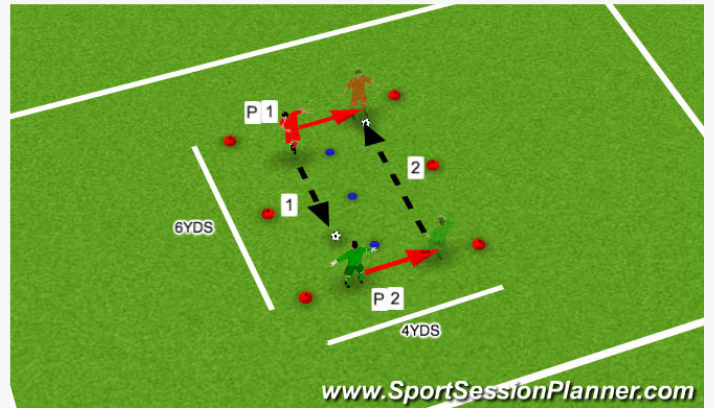
### Outcomes:

Improved feet distribution with both feet

Improved ball control with both feet

Improved feet movement in various directions

Improved handling (Progression)



## Screen 2

### Organisation:

Set up as shown above, ensuring Goals 1,2,3 and 4 are of a relevant distance away from the Gk, relating to the length of pass they would make in a game, depending on age/ability.

S passes the ball into the Gk, who then shifts the ball across the goal, through the cones, and passes the ball into Goal No1. Repeat the process for Goal No2.

Then, switch sides, so the Gk is now receiving a pass from S on the other side of the cones, before shifting the ball across the cones to the other side and plays the balls into Goals No1 & 2.

### Progresion(s):

Limit to 2 touches

Must use both feet to pass the ball

Can only control with inside/outside of foot

Time restraints

Add a player to close the Gk down, adding pressure

S can shoot into Gk, who saves and distributes from hands into the mini goals

Reduce/increase distance of goals

Play a bouncing ball into the Gk, to work on control

### Outcomes:

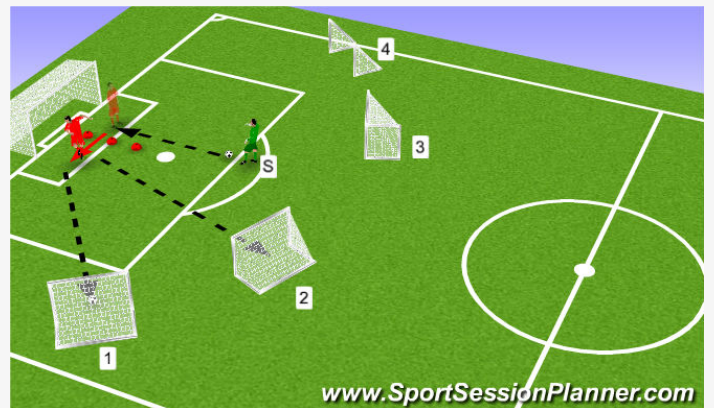
Improved feet distribution with both feet

Improved ball control with both feet

Improved feet movement in various directions

Improved shot stopping (Progression)

Improved hand distribution (Progression)



## Screen 3

### Organisation:

Set up as shown above, ensuring Goals 1,2,3 and 4 are of a relevant distance away from the Gk, relating to the length of pass they would make in a game, depending on age/ability.

Gk makes relevant movement across the goal to the selected server on coaches call (S1/S2), Gk then receives the pass from S1, whilst P1 closes down the Gk to apply pressure and cut off the angle to prevent The Gk shifting the ball across their goal and passing the ball into Goals 1 or 2. If the Gk can't make the pass into Goals 3 or 4.

Repeat the process with serves from S2.

### Progression(s):

Limit to 2 touches

Must use both feet to pass the ball

Can only control with inside/outside of foot

Add 2 players to close the Gk down

Reduce/increase distance of goals

Play a bouncing ball into the Gk, to work on control

S can shoot into Gk, who saves and distributes from hands into the mini goals

### Outcomes:

Improved feet distribution with both feet

Improved ball control with both feet

Improved feet movement in various directions

Improved shot stopping (Progression)

Improved hand distribution (Progression)

