



Improving passing and game appreciation skills

Category: Goalkeeping: Distribution

Difficulty: Moderate

Reseller-Club: GkNexus

Gk Nexus, www.gknexus.com, United Kingdom

Screen 1

Organisation

A. Goalkeepers are put into pairs, standing 10 yards apart with the 'working' Goalkeeper standing behind a cone.

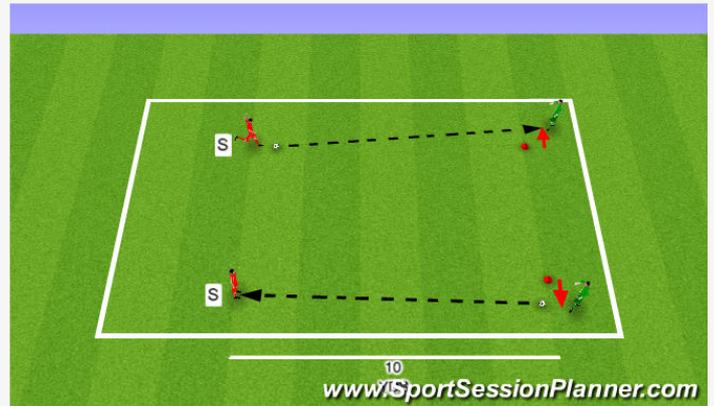
1. The working Goalkeeper will communicate with the 'server' which side they would like to receive the pass on, before moving into this position.
2. The server will now side foot pass the ball into the Goalkeeper, who will control the ball with the inside of their foot, before passing the ball back to the server.
3. After the pass, the Goalkeeper must make a movement to return to behind the cone, before receiving another pass.

Progression(s)

1. Limit the touches - 3, 2 or 1
2. Increase the distance of pass
3. Change the angle of the pass
4. Vary the passing technique
5. Vary the distribution technique
6. Increase Gk movement to receive the pass
7. Have server throw the ball in with a bounce, to work on control

Key Points

1. Improving passing technique, with both feet
2. Looking to engage in a receiving position
3. Improving control, with both feet
4. Communication, both verbal and visual
5. Ownership of exercise
6. Being aware of the play, head up when receiving/passing



Screen 2

Organisation

A. Place Goalkeepers into teams, with the 2 x teams standing 20 yards apart.

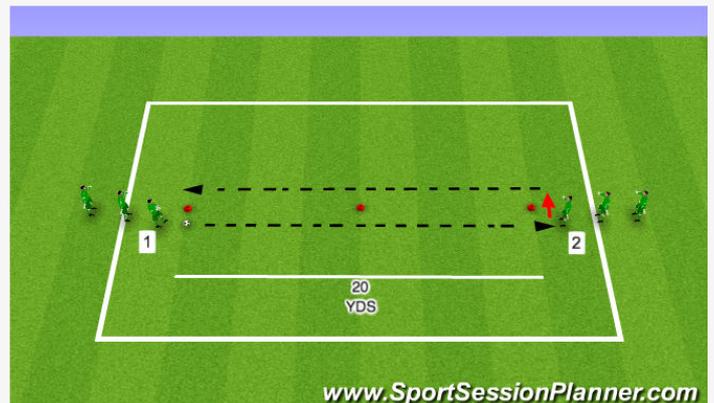
1. The first Gk in team 1 starts with the ball and will pass the ball up to the first Gk in team 2.
2. The first Gk in team 2 will take their first touch with the inside of their foot, across their body and onto the other side of the cone, before passing the ball down the other side into the next member of team 1.
3. The next member of team 1 will repeat the process of control across the body and releasing the pass.

Progression(s)

1. Change angle of the pass
2. Vary passing technique
3. Vary distribution technique
4. Limit touches to 4, 3 or 2
5. Change the passing direction on random Coach command
6. Encourage use of both feet.

Key Points

1. Improving passing technique, with both feet,
2. Looking to engage in a receiving position
3. Improving control, with both feet.
4. Communication, both verbal and visual
5. Ownership of exercise
6. Being aware of the play, head up when receiving/passing



Screen 3

Organisation

1. Place Goalkeepers into 2 x teams. If there is an odd number, use the spare man as a 'floater' who will play for the attacking team.
2. Set up a small pitch, 21 yards x 15 yards. The pitch length should be split into 3 x 7 yards areas.

1. The 2 x teams will play as normal for 5 minutes, with the Coach overlooking and offering encouragement.
2. The Coach will now place a restriction on the game, in which the Goalkeeper must release the ball to one of their own players within the first 1/3 of the pitch to begin play.
3. The Coach can also randomly serve to a Gk, when the ball becomes 'dead'

Progression (s)

1. Vary distribution technique from Gk
2. Vary what 1/3 the Gk must play pass into
3. Increase size of pitch, in return increasing size of defensive 1/3, which will increase pass
4. Restriction on number of passes before a goal can be scored
5. Limit touches on the ball

Key Points

1. Improving passing technique, with both feet
2. Looking to engage in a wide receiving position
3. Improving control, with both feet
4. Communication, both verbal and visual
5. Being aware of the play, head up when receiving/passing
6. Reading the play, decision making
7. Improving varied distribution techniques
8. Game management

