



# GK Nexus Basic GK Distribution Session

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

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## Screen 1

### Control & Passing Practice 1

#### Organisation:

- A 2 x 2 yard box is placed in the centre of the 6 yard box
  - GK stands ready to receive the ball inside the 2 x 2 yard box
  - Server stands opposite the GK with a ball at feet ready to pass to the GK
- Server delivers the ball to the GK inside the box
  - If required, the GK moves into line with the ball to get the body between ball and goal
  - GK controls the ball and attempts to not allow the ball to leave the box on first touch
  - Once under control, the GK passes the ball back to the server
  - The process is repeated

#### Progressions:

- GK moves the ball out the side of the box on first touch and passes back to the server
- GK can decide to play one/two touch

#### Key Points:

- Control/First Touch
- Pass decision
- Weight of pass/Pass Accuracy
- Passing with both feet
- Passing with different parts of the foot
- Communication/Information/Instruction



## Screen 2

### Control & Passing Practice 3

#### Organisation:

- A 2 x 2 yard box is placed in the centre of the 6 yard box
  - GK stands ready to receive the ball inside the 2 x 2 yard box
  - Servers 1 & 2 stand at an angle from the GK, 6-7 Yards from goal near the corners of the 6 yard box. S1 has a ball ready at their feet to pass to GK
- Server 1 delivers the ball to the GK inside the box
  - If required, the GK moves into line with the ball
  - GK controls the ball with minimum touches inside the box and changes the angle of the ball
  - Once under control, the GK passes the ball to Server 2
  - The process is repeated by Server 2 passing to the GK who controls and passes to Server 1

#### Progressions:

- GK can play one touch if possible

#### Key Points:

- Checking/scanning before receiving the ball
- Body angle/shape to receive
- Control/First Touch:
  - Control to stop the ball
  - Control to change direction of play
  - Control to change the point of attack
  - Control using different parts of the body
- Receiving front/back foot
- Pass technique decision
- Weight of pass/Pass Accuracy
- Passing with both feet
- Passing with different parts of the foot
- Communication/Information/Instruction



## Screen 3

### Control & Passing Practice 2

#### Organisation:

A. Two 3 x 3 yard boxes are placed centrally around the goal area, one in the 6 yard box and one approximately 20 yards from goal. The practice now takes on a competitive element

B. GK's stand ready to receive the ball from each other inside the 3 x 3 yard box

C. GK1 passes to GK2 and GK2 attempts to control the ball with as few touches as possible and returns the ball to GK1 and so on....

1. Each pass must travel through the front of each box, if it doesn't, the GK receiving scores a point
2. If the ball is mis-controlled and leaves the box, the GK at the opposite end scores a point
3. If the GK has more than three touches to return the ball, the GK at the opposite end scores a point
4. If required, the GK moves into line with the ball
5. GK controls the ball and attempts to not allow the ball to leave the box on first touch
6. Once under control, the GK passes the ball back to the GK in the box opposite

#### Progressions:

1. Ball can only bounce once between the boxes
2. Ball must bounce twice before entering the opposite box
3. Ball must be played on the full, without bouncing, into the hands of the GK opposite
4. Ball must be played on the full, without bouncing, into the opposite box and the GK must not use hands to control the ball or take more than three touches to return the ball

#### Key Points:

1. Control/First Touch
2. Pass decision
3. Weight of pass/Pass Accuracy
4. Distance to weight ratio on the pass
5. Passing with both feet
6. Passing with different parts of the foot



## Screen 4

### Control & Passing Practice 4

#### Organisation:

A. A 4 disc multi colored diamond is placed in front of the 6 yard box

B. GK stands ready to receive the ball inside the diamond

C. Servers 1 & 2 stand at an angle from the GK, 18-20 Yards from goal near the corners of the 18 yard box. S1 has a ball ready at their feet to pass to GK

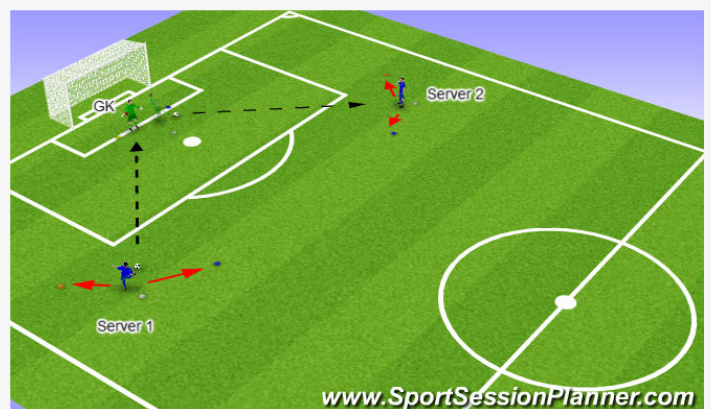
1. Server 1 calls a colour for the GK to move to and receive the pass and then delivers the ball to the GK
2. If required, the GK moves into line with the ball
3. GK controls the ball with minimum touches and changes the angle of the ball
4. Once under control, the GK passes the ball to Server 2, who has moved to the coloured disc called by Server 1
5. The process is repeated by Server 2 passing to the GK who controls and passes to Server 1

#### Progressions:

1. GK can play one touch if possible

#### Key Points:

1. Checking/scanning before receiving the ball
2. Body angle/shape to receive
3. Control/First Touch:
  - Control to stop the ball
  - Control to change direction of play
  - Control to change the point of attack
  - Control using different parts of the body
3. Receiving front/back foot
4. Pass technique decision
5. Weight of pass/Pass Accuracy
6. Passing with both feet
7. Passing with different parts of the foot
8. Communication/Information/Instruction



### Control & Passing Practice 5

#### **Organisation:**

- A. Two mini goals are positioned towards the half way line, at an angle approximately 3-4 yards from the touchline
- B. GK stands ready to deal with the ball in the 6 yard box
- C. Server stands opposite the GK, 15-18 yards from the goal in a central position

1. Server delivers the ball to the GK in a variety of ways
2. GK saves/controls the ball accordingly
3. Server calls left or right
4. GK distributes the ball into that 'target' goal by dribble and driving the ball using the correct passing technique

#### **Progressions:**

1. GK throws the ball
2. GK can volley/half volley/side volley the ball

#### **Key Points:**

1. GK relative start position
2. GK set position
3. GK save decision/technique
4. Distribution technique decision
5. Weight of pass/throw
6. Pass/throw accuracy
6. Passing with both feet
7. Passing with different parts of the foot

