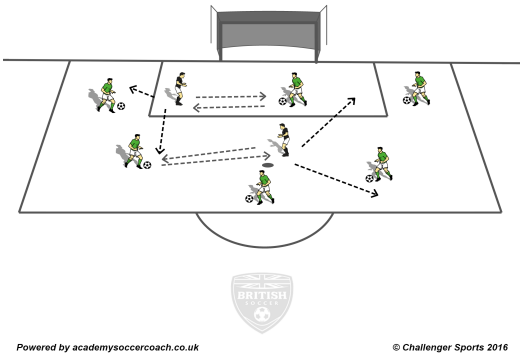
Organization:	**Challenger Sports**	Week:	**7**
Age Group:	**U9-U13**	**60**	Minutes
Category:	**Goalkeeper**		

Topic: Distribution

Objective: Learn how to roll/throw/kick with the correct technique

Session Part: Warm up

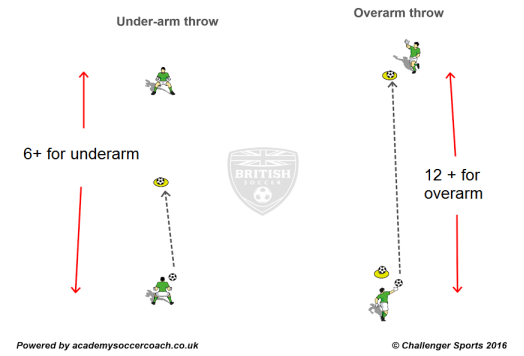


Organization	Time: 15
Area:	20 x 20
Numbers:	Group

Half the Goalkeeper's start with the ball, half without. Open play - control with one foot pass with the inside of the other to help Goalkeeper's learn use both feet and take the ball out of the danger area. Passing player can also apply pressure to encourage Goalkeeper's to move the ball with their first touch. Allow Goalkeeper's this time to self learn the three types of distribution - Coach can then correct the techniques individually.

Progressions	Coaching Points
Rolling instead of passing - receiving Goalkeeper's will pick up using a scoop. Progress to throwing and catching with a 'W' Shape Catch or Basket Catch.	- Transfer of body weight from back to front. - Release the roll and throw out of the tips of the fingers. - Roll releases from the floor, throw releases with straight elbow passing the ear.

Session Part: Individual Activity

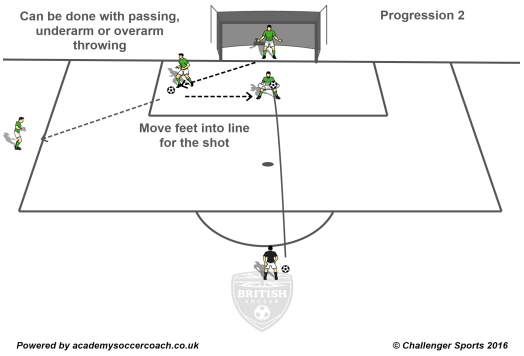


Organization	Time: 15
Area:	12 yards apart
Numbers:	In pairs

Roll - place a cone with a ball on top in the middle, as shown. Aim is to roll the ball at the cone and knock ball off. The opposite foot to rolling hand steps forward, while other knee on the ball side bends to the floor. Ball is released next to the bent knee. Throw - both Goalkeeper's have a cone with ball on top in front of them. Aim is to knock partner's ball off. Keep throwing arm straight. Non-throwing arms comes up then down pulling throwing arm over past the ear.

Progressions	Coaching Points
Aim of the throw is to have the ball bounce at least once before reaching the partner's cone. Encourages giving the receiving player a good throw to their feet to control easily.	- Roll - smooth distribution with no bounce. - Throw - start with shoulder on the non-throwing arm side facing intended target. Arms move in opposite motion (like a seesaw!). Release ball in front of the body.

Session Part: Partner/Small Group

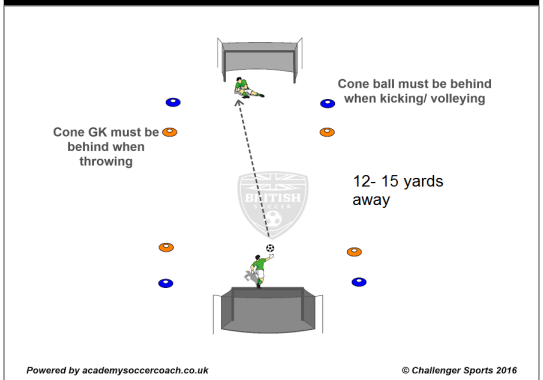


Organization	Time: 15
Area:	15-18 yards
Numbers:	In pairs

Working Goalkeeper starts in the middle of the goal with a ball in hand. On the Coach's call of 'GO', rolls underarm or throws out overarm to the partner who is in the position of a wide defender in a game. Goalkeeper then gets up, cross steps out to make a save from the coach who shoots/volleys with power. Coach is on the 18 yard line. Goalkeeper's/servers keep rotating each time.

Progressions	Coaching Points
Coach starts by passing ball on the floor into the Goalkeeper, who now takes a touch and players out to their partner. Goalkeeper then makes the save as before. Encourages playing the ball wide.	- Quick distribution - when to roll, throw or play with feet depending on the situation/where the receiving player is. - Accurate distribution. Focus on target.

Session Part: Group Activity



Organization	Time: 15
Area:	Two goals, 12-15 yards away
Numbers:	Either one or two Goalkeeper's in each goal.

Goalie Wars - Goalkeeper's can use any distribution technique (kicking, rolling or throwing) as a shot. If the Goalkeeper scores, they get a point, if save is made than the other Goalkeeper gets to return the shot. When playing with two in each goal, whichever Goalkeeper makes the save the other Goalkeeper shoots back. If a Goalkeeper misses the target then they have to run and get the ball back while other teams shoots at remaining Goalkeeper.

Progressions	Coaching Points
	- Distribute with correct technique for kick, roll and throw. Aim to use all three at some point. - Aim and distribute to intended target/part of the goal.

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