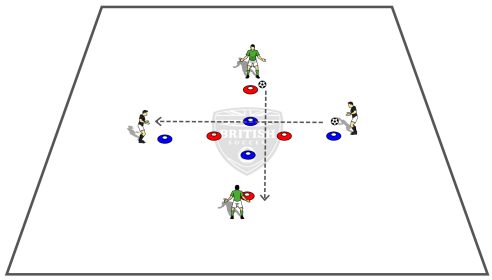
Organization:	**Challenger Sports**	Week:	**8**
Age Group:	**U14-U18**	**60**	Minutes
Category:	**Goalkeeper**		

Topic: Distribution

Objective: Distributing the ball correctly and at the right time.

Session Part: Warm-up



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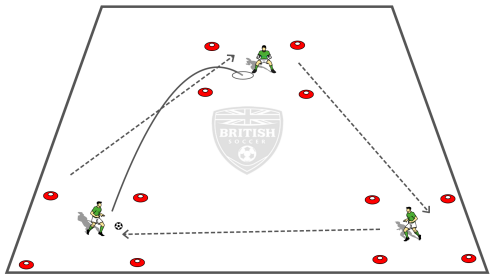
Organization	Time: 15
Area:	Big diamond 12 yards, small diamond 5 yards
Numbers:	In Pairs within groups of 4

Diamond of 12 yards, with another diamond of 2 yards in the center. Goalkeepers will work in pairs and will roll the ball back and forth to each other (underarm roll).
As both pairs are working at the same time; both pairs will need to communicate with each other in order for the balls to not collide with each other. Use small diamond in middle as guide.

Progressions	Coaching Points
Passing on the ground Overarm Throws Volleys to each other to get hands warmed up	- Focus on technique - Timing with other pair - Clean rolls make it easier for other player - Getting ball to feet

Session Part: Individual Activity



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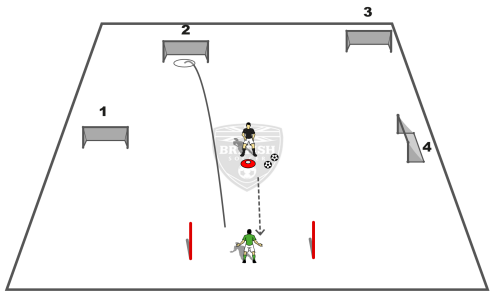
Organization	Time: 15
Area:	Boxes 5 x 5
Numbers:	Groups of 3

Work on Technical Distribution
Varied passes, choice is the player with the ball, encourage a bit more power.
Introduce coned area, and ask that the ball is received and controlled in this area.

Progressions	Coaching Points
Two touch return, not return to player who sent you ball. This time the kick is replaced with under arm throws, place foot as a direction marker, then under arm throw.	- Decision on touch then type of pass - Accuracy - Make it comfortable - Good first touch

Session Part: Partner/Small Group



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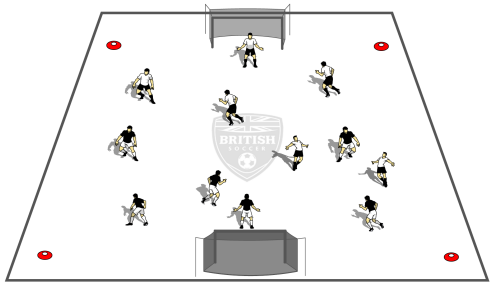
Organization	Time: 15
Area:	6 yard goal, 4 small goals/zones.
Numbers:	Groups of 4+

Target Goals
Goalkeeper in goal, has to save a shot from coach, once shot saved they get told what goal they need to distribute to, such as a 1 etc, where there is a player waiting to receive. If goal is scored you get a point. Choice of distribution is up to the Goalkeeper, to either throw, roll or kick.

Progressions	Coaching Points
Making Goals further apart Distance from goal to small goals, increasing. Select form of distribution made to goals. Adding in player to block a goal.	- Decision making, quick distribution. - Opportunities to play quickly, advantages of. - Stepping to edge of area to distribute. - Recovering to back up and play.

Session Part: Group Activity



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Organization	Time: 15
Area:	30 x 20
Numbers:	Group (split into two teams)

6v6, No designated goalkeeper, nearest goalkeeper to goal acts as Goalkeeper. Players cannot run with the ball, must pass the ball using a throwing technique.
- Opponents can intercept the ball as it is passed between players
- Goals are scored by throwing the ball in the goal or hitting the cross bar.

Progressions	Coaching Points
Area can be adjusted according to age , number and ability of players. - Challenge Goalkeepers to challenge each other. Make saves harder, or throwing more difficult.	- Variety of distribution techniques - General handling technique Dependant on angle, trajectory and speed of the ball - Getting in position to catch/collect the ball. -Appropriate footwork

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