



Shot Stopping and Distribution

Category: Goalkeeping: Distribution

Skill: U12

Pro-Club: Red Bulls New York Academy
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Warm up

Organization:

20x20
2 teams
GKs

Instructions:

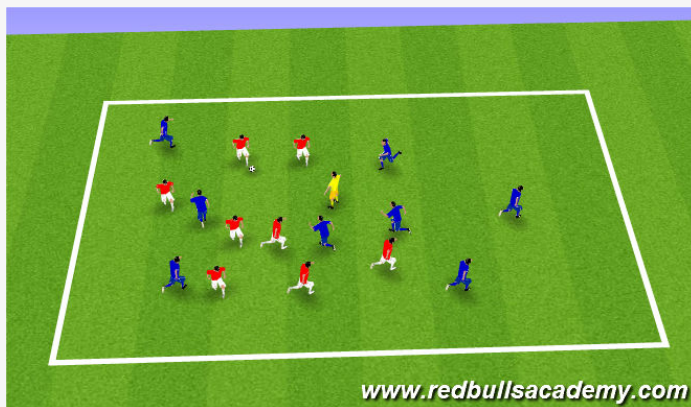
Possession game
Score 1 point by giving to the keeper
First on the ground
Second on the air

Coaching Points:

Bend knees, on your toes, hands forward
One knee bend forward and the other use as a support not touching the floor(Longing position) pick up ball
fingers making an M to pick up a ball and W on above the waist

Progressions:

5 passes 1 point
On the ground 1 point on the air 2pts



Screen 2

Organization:

30x20
Triangle in center
One ball

Instructions:

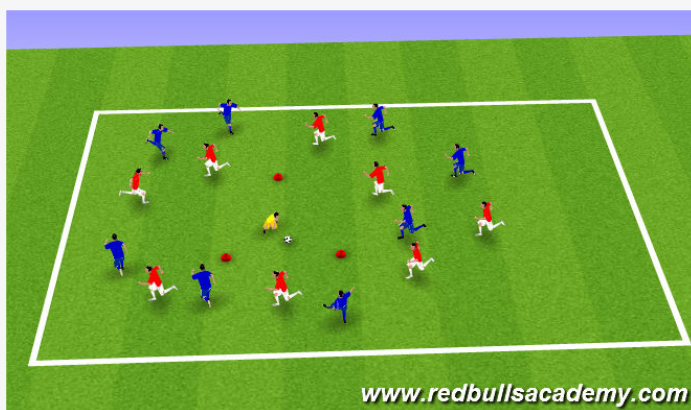
Only use feet. then use both hands and feet
Everytime passes to GK and proper distributes is 1 pt
5 passes 1 point

Coaching Points:

Open hips to have a better view
Bend knees, on your toes, hands forward
One knee bend forward and the other use as a support not touching the floor(Longing position) pick up ball
fingers making an M to pick up a ball and W on above the waist

Progressions:

Pressure at GK's first touch
Shoot on the tree sides of the triangle



Screen 3

Free Play

