



Distribution & Shot Stopping

Date: Jun 04, 2016

Team: Andrew Sparkes

Duration: 90 Min



1

🕒 0-5 Min ↗️ 6X6

Setup: Boxes 3V1/4V1

6X6 yard box, 4 players on the outside, 1 GK in the middle.

Instructions: Players on the outside have to keep the ball away from the goalkeeper in the middle. Players on the outside can use; only 1 touch/ up to 2 touches. If the goalkeeper in the middle wins the ball, he is replaced by the player on the outside who lost possession.

Coaching Points: Enhance the GKs technical ability with the ball at their feet over various distances and situations.



2

🕒 5-10 Min ↗️ 6X6

Setup: Activation Inc SAQ

4 lines of cones leading into a 6X6 box.

Instructions: 4 GKs perform specific footwork on each of the cones, once in the box the GKs must keep the ball up between them until the ball touches the ground. The GKs move onto a different line of cones and repeat the process.

Coaching Points: Enhance the GKs technical ability with the ball at their feet over various distances and situations.



3

🕒 10-20 Min ↗️ Full Field

Setup: Distribution Progression 1

The pitch is split into 2 halves and numbered 1 and 2 and four target areas are placed in each half. One player is in each half with a third player numbered 3 is positioned at the top of the area.

Instructions: The goalkeeper faces his goal while the players in each half move to a target area. Once the coach shouts a number 1,2, or 3 the GK must turn around and distribute the ball in the area where the player in that half is standing. The GK must use the correct technique for the type and distances of the pass.

Coaching Points: Scan and recognize options early to find the correct option when playing out. Have the ability to stay calm and make effective decisions when playing out.



4

🕒 20-30 Min ↗️ Full Field

Setup: Distribution Progression 2

The pitch is split into 2 halves and numbered 1 and 2 and four target areas are placed in each half. Two players are in each half with a third player numbered 3 is positioned at the top of the area.

Instructions: The GK now must start by passing the ball to player number 3. As the GK passes the ball to number 3, the other players change their position from one target area to another. When 3 passes the ball back to the GK he calls 1 or 2, the GK must then scan for the player 1 or 2 and distribute the ball into that area. Pressure from player 3 can then be added to make it more difficult.

Coaching Points: Scan and recognize options early to find the correct option when playing out. Have the ability to stay calm and make effective decisions when playing out.





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5

⌚ 30-40 Min ↗ Full Field

Setup: Distribution Progression 3

The pitch is split into 2 halves and numbered 1 and 2 and four target areas are placed in each half. Two players are in each half with a third player numbered 3 is positioned at the top of the area.

Instructions: Player 3 can either receive the ball to start the move off or call 1 or 2. The GK must play the ball into the number called, before making an angle and receive the ball back, before looking to pass the ball into the other number. Players 1 and 2 must look to change their position after each ball. Pressure from player 3 can be added to make it more difficult.

Coaching Points: Scan and recognize options early to find the correct option when playing out. Have the ability to stay calm and make effective decisions when playing out.



6

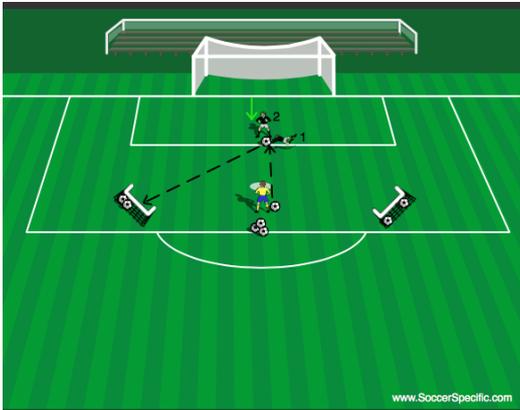
⌚ 40-50 Min ↗ Pen Area

Setup: Handling

Goalkeeper is situated on the 6 yard line, server is 6-10 yards away.

Instructions: The server volleys/half volleys/strikes from the ground into the goalkeepers hands. The GK then rolls the ball into alternate small goals. The GK faces 8 balls in total, the GK then half volleys the ball into the goals using the side foot.

Coaching Points:



7

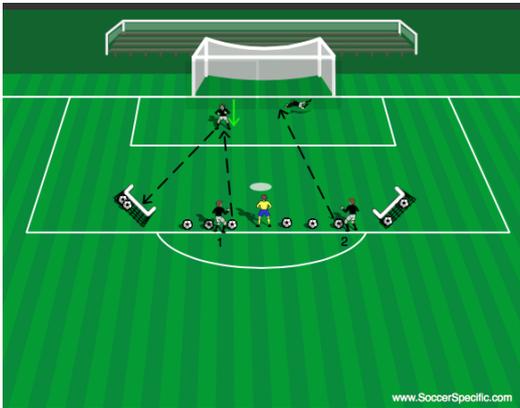
⌚ 50-60 Min ↗ Pen Area

Setup: Shot Stopping Progression 1

2 GKs are situated on the 6 yard line, server is 8-12 yards away.

Instructions: The server plays a low ball to GK1's right. GK1 then saves the low ball and once in control leaves the ball on the ground, GK2 then comes from behind GK1 to pass the ball in the small goal. GK2 then sets for a low ball to the left, GK2 passes into the opposite goal. The process is repeated 4 on both sides.

Coaching Points: Develop the GKs ability to be set and balanced in and ready for a shot after his initial starting position. Improve the GKs recovery position/positioning in and around the goal.



8

⌚ 60-70 Min ↗ Pen Area

Setup: Shot Stopping Progression 2

Two, 5 yard goals are set up next to each other. Two servers are 18 yards away.

Instructions: The GK starts in one of the goals and ready for a shot. The coach calls number 1 or 2, the GK must then move into line with that server. The server then strikes the ball, unless the coach calls the opposite number, forcing the GK to change direction and face a shot from the other server. If the GK catches the ball, he then rolls or passes into the small goal.

Coaching Points: Develop the GKs ability to be set and balanced in and ready for a shot after his initial starting position. Improve the GKs recovery position/positioning in and around the goal.



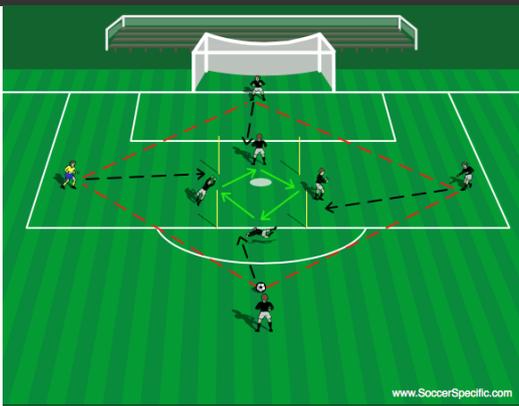


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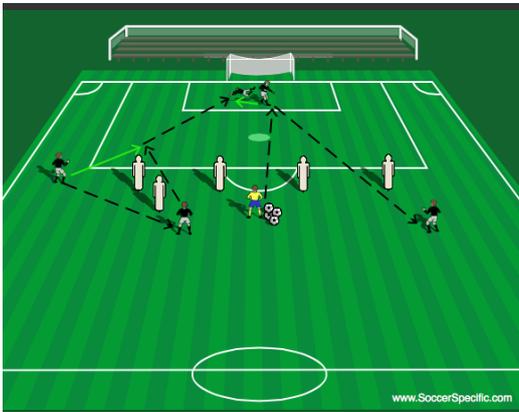
70-80 Min Pen Area

Setup: Shot Stopping Progression 3

A 5X5 box is marked out with poles (4 goals). Four servers facing a goal are placed 10-15 yards away.

Instructions: The servers must pass the ball between themselves looking to move the GK around. The GK can move through the box when following the ball, at any time one of the servers can shoot at the goal he is facing. If the GK catches the ball, he must roll the ball to another server to start again.

Coaching Points: Develop the GKs ability to be set and balanced in and ready for a shot after his initial starting position. Improve the GKs recovery position/positioning in and around the goal.



10

80-90 Min Def 1/3

Setup: Shot Stopping Progression 4

One GK in the goal, 3 players up to 25 yards from the goal.

Instructions: The coach passes the ball from the top of the area to the GK. The coach then puts pressure on the GK, the GK must then distribute the ball to one of the players. The players on the edge of the box then combine with each other and then shoot on goal.

Coaching Points: Develop the GKs ability to be set and balanced in and ready for a shot after his initial starting position. Improve the GKs recovery position/positioning in and around the goal. Have the ability to stay calm and make effective decisions when playing out.

