

TRAINING SESSION

Introduction to Shot Stopping and Distribution



	Playing out from the back Counter Attacking
	U12 to Senior
	8 to 2 Players
	Cones and soccer balls
	Intensity: 4
	15:00 min (2 x 07:00 min, 01:30 min rest)

Objective

Catch and distribute ball

Description

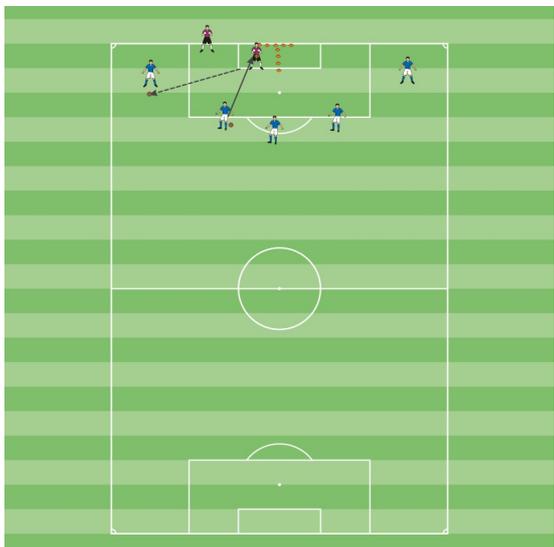
Two goalkeepers will be moving freely around a square, with a number of outfield players who, will play the ball in the air towards the goalkeeper. The goalkeeper will catch the ball and distribute it to a player without the ball with an under arm throw. This will then progress into the players playing the ball low so the goalkeeper has to get down to catch the ball. He will then get up as and do an overarm throw to a player without a ball.

Key Points

Keep eyes on ball. Get your body behind it. When catching the ball, either take it into the chest so if it is not caught your body will prevent it going past. If catching with hands, ensure hands are slightly apart from a 'W' shape, slightly leaning forwards at the wrist. This will ensure the ball drops in front of you if it isn't caught, rather than rebounding back out. Once caught, head up to scan area for free players.

TRAINING SESSION

Shot Stopping and Distribution Exercise



U12 to Senior



5 to 2 Players



Goal, Cones, Balls



Intensity: 6



15:00 min

(2 x 07:00 min, 01:00 min rest)

Objective

Save ball and distribute to team mates

Description

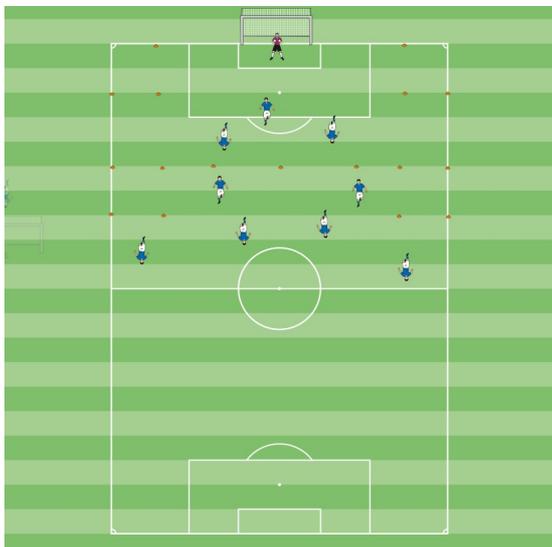
Goalkeeper must have quick feet through cones before saving a shot into his arms. Once the ball is saved and under the control the goalkeeper must quickly distribute the ball under arm to one of his team mates who will be wide. This will progress to the goalkeeper jumping over the cones before saving a low shot. He will then get up quickly to throw the ball overarm to a wide player further up the field.

Key Points

Get into position quickly after stepping/ jumping through cones. Position should be knees slightly bent with arms slightly out to the side in order to make yourself big. Once ball is saved get up as quickly as possible to distribute ball. When rolling the ball under arm the goalkeeper should get low by lunging. When throwing the ball over arm the goalkeeper should step into the throw. Both throws should be done with a strong and tight wrist.

TRAINING SESSION

Shot Stopping and Distribution Game Play



	Playing out from the back Counter Attacking
	U12 to Senior
	6 to 4 Players
	Goals, Cones, Balls
	Intensity: 8
	15:00 min (2 x 07:00 min, 01:00 min rest)

Objective

The goalkeeper to identify the first open player in the target zones once the ball has been saved/ retrieved.

Description

There will be an attack overload in both midfield and the final third to promote more shots on goal. Once the goalkeeper has saved a shot/ retrieved the ball, the defending players must get to a target zone, marked out by cones, as fast as they can. The goalkeeper must identify which player has reached the target zone first and try to distribute the ball to them with their hands. Defending players are not allowed in these target zones when the goalkeeper has the ball. Once the ball has been thrown by the keeper, the defending team will pass the ball back to the attacking midfield to restart.

Key Points

Anticipate when and where the shot will come from. Look around the field as you are getting to your feet/ preparing to distribute the ball. Try and throw the ball to the players feet.

TRAINING SESSION

Goalkeeper Shot Stopping and Distribution Match Play



	Transition Counter Attacking
	U12 to Senior
	7 to 7 Players
	Goals, Cones, Balls
	Intensity: 10
	15:00 min (1 x 15:00 min, 00:00 min rest)

Objective

To try and score a goal through shooting past the keeper or the goalkeeper distributing to one of their team mates effectively.

Description

Two teams of seven playing against each other in one half of a full size field. They must both try and score against each other. If the goalkeeper collects the ball and distributes the ball with their hands to their team mates effectively, then they will also score a point.

Key Points

Outfield players must anticipate the goalkeeper saving/ collecting the ball and get into position accordingly. Get into position early, but not too early that a defender will have time to close you down. Players free should call or show they want the ball. Goalkeepers get up as quick as possible and start running out as they are getting up. Look for the wings initially.