

**Session Designed By:**

John Gregg  
Region 1 ODP Goalkeeping Staff  
NSCAA National Goalkeeping Staff

**Topic:**

Goalkeeping: Distribution

**Age/Time:**

U13 and above (11v11 play)  
1.5 to 1.75 hour session

P1

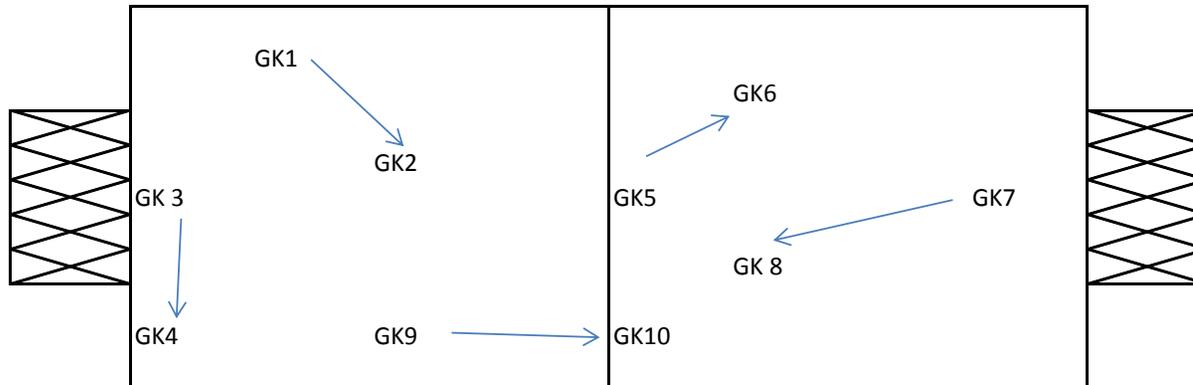
**Field Set Up -**

2 goals needed roughly 20 to 35 yards apart, may vary depending on age and numbers. Field should be 35 to 40 long X 30 to 40 yards wide, add midline

**Step 1 - The Warm up (10 to 15 min)**

Goalkeeper partner up and begin by passing back and forth around the field. As keepers warm up, 1 keeper stays as passer the other becomes keeper and uses hand. Switch after a few reps. As warm up continues, keepers can begin moving and serving longer balls. beginning stages, ball should stay on ground and progress to air.

If warm up continues and the level of keepers seems to be easily advanced, keeper can now begin to both catch, and distribute back to the other over longer distances by throwing, drop kicking, or a lite punt to catch harder shots and higher services.



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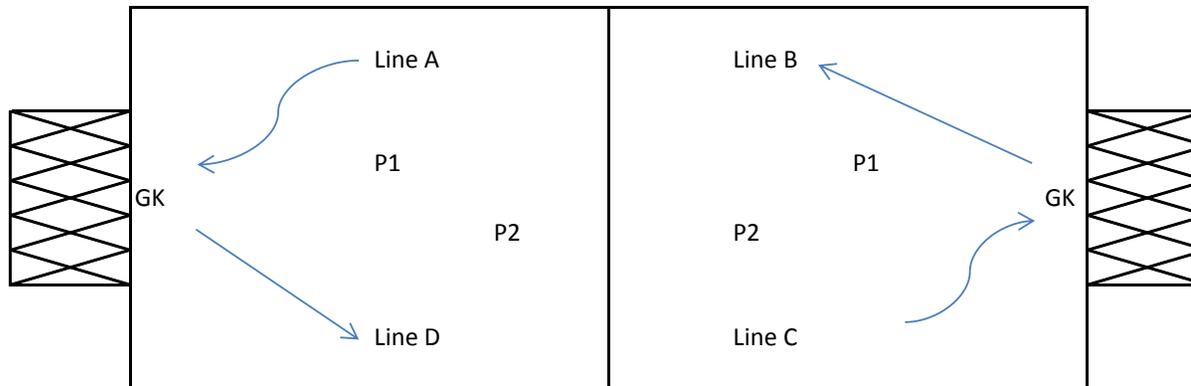
P2

### Step 2 - Introduction of flighted balls from flank (15 min)

Service lines from flank play. Lines serve into Keeper in goal, keeper distributes to opposite line and repeats the opposite direction. After a few reps for each keeper, introduction of Play 1 (P1) and Player 2 (P2) for varying service from the keeper. Keeper is now given options for different types of distribution. Bowl, Baseball throw, Overhand sling. Region 1 level: Assume they know how to until you see they cannot. See what level of keepers we have.

**Focus:** Varying services allow keepers to make different decision on distribution types. A more difficult service and save, more composure is needed which in turn allows opposing team to release out and set up defensive which may lead to a punt or drop kick. Easier service and save allows keeper to bowl behind or throw over top to start counter.

**Coaching Points:** GK technique, arm strength, decisions making..



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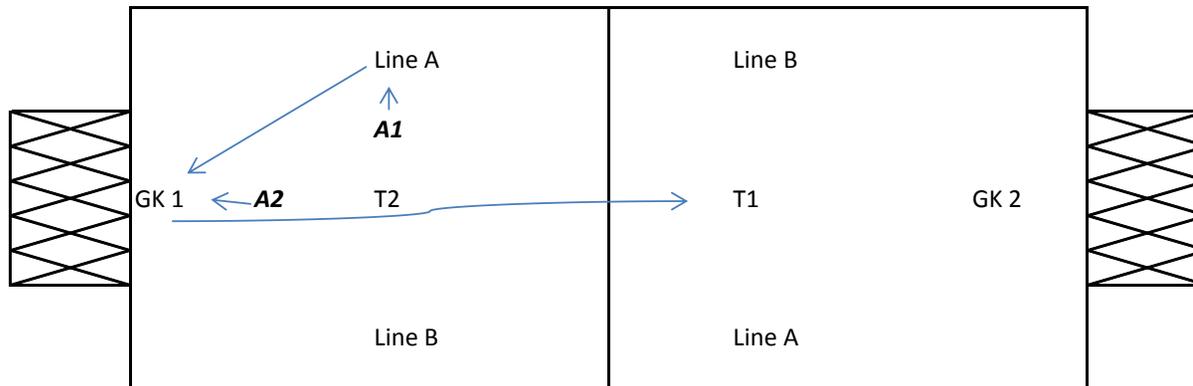
P3

**Step 3 - Introduction of attacking players to provide pressure and decision making (20 min depending on numbers)**

In Step - We add all foot distribution- Balls being played back to the GK from wide flank players. Line A (or B) starts with the ball and plays a back pass to GK. GK receives and works on playing balls into Line B (Repeat on opposite side of field.. Variations can be where all lines are working on passing and receiving, playing to opposite lines or sides of field. As it progresses, introduce a moving target (T1 or T2) to play to on opposite side of field. Add

**Focus:** All balls should be able to be handled by keepers to get quality reps.

**Coaching Points:** Types of service used distances, playing speed, quality touches and proper receiving techniques.



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**Step 4 - Number Game (30 min)**

In the numbers game, GK starts with the ball. Plays ball out to their team and plays 5 passes possession until pressured. When ball is played back to GK, 2 numbers are called out. The opposing team with those numbers must sit. GK then tries to distribute to open players not defended. and teams play 5v3 until a save or goal happens. Repeat from opposite end once result of the shot happens. In beginning, keeper plays with hands, even though it is a back pass. To advance game and skill work, no hands and treat everything as a back pass.

**Focus:** Decision making and speed of thought on finding open players to counter and building out of back.

**Coaching Points:** Types of distribution technique, speed of play, involvement on starting the attack, making self available for the back pass.

