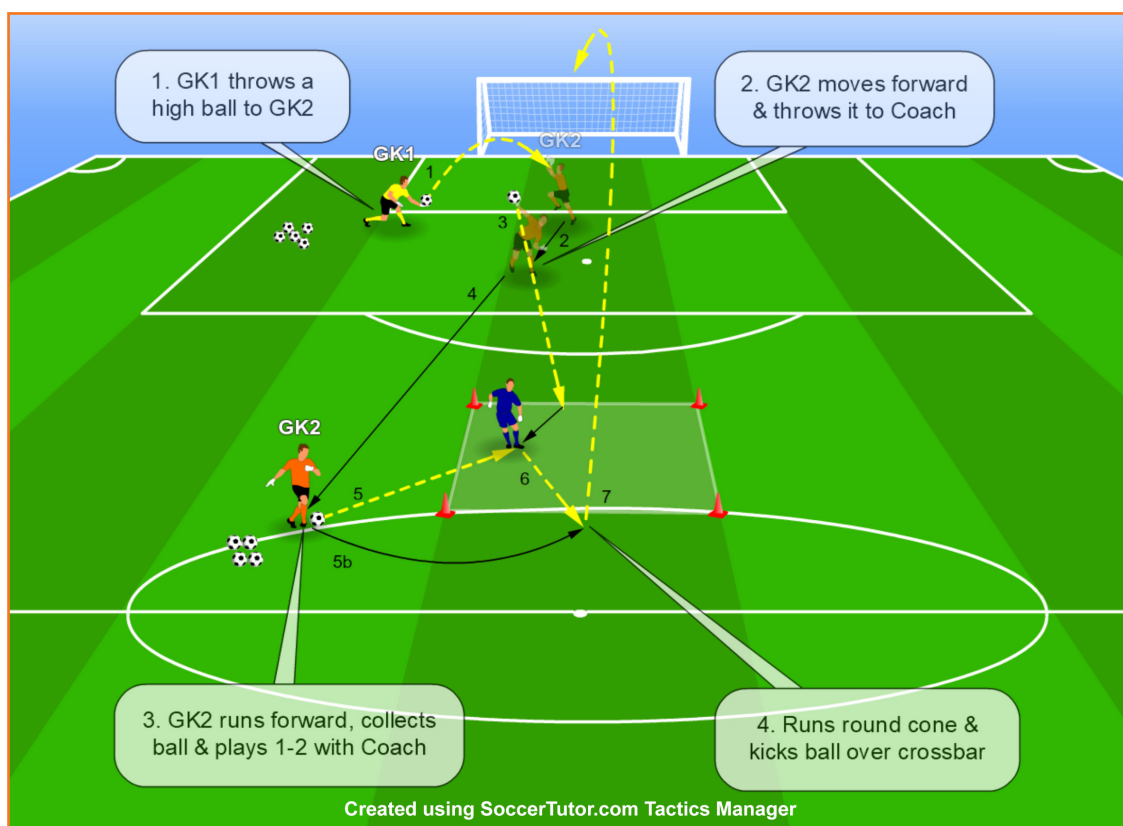


CHAPTER 10

DISTRIBUTION



6. Catch, Throw Out, One-Two and Long Kick in a Dynamic Circuit



Description

1. GK1 throws a high ball for GK2 to jump and catch.
2. GK2 moves forward and throws the ball to the Coach.
3. GK2 runs forward to collect the ball and plays a 1-2 with the Coach.
4. GK2 runs outside the cones to receive the return pass and kicks the ball over the crossbar.

Variation: GK2 can use a drop-kick or volley to the Coach.

Coaching Points

1. The distance to the goal depends on the age and/or quality of the GK.
2. Make sure the GKs also practice using their weaker foot. When playing with the weaker foot, the distance to the goal should be reduced.

CHAPTER 11

DRILLS WITH OUTFIELD PLAYERS



4. Dynamic Goalkeeper to Goalkeeper Rondo Possession Game



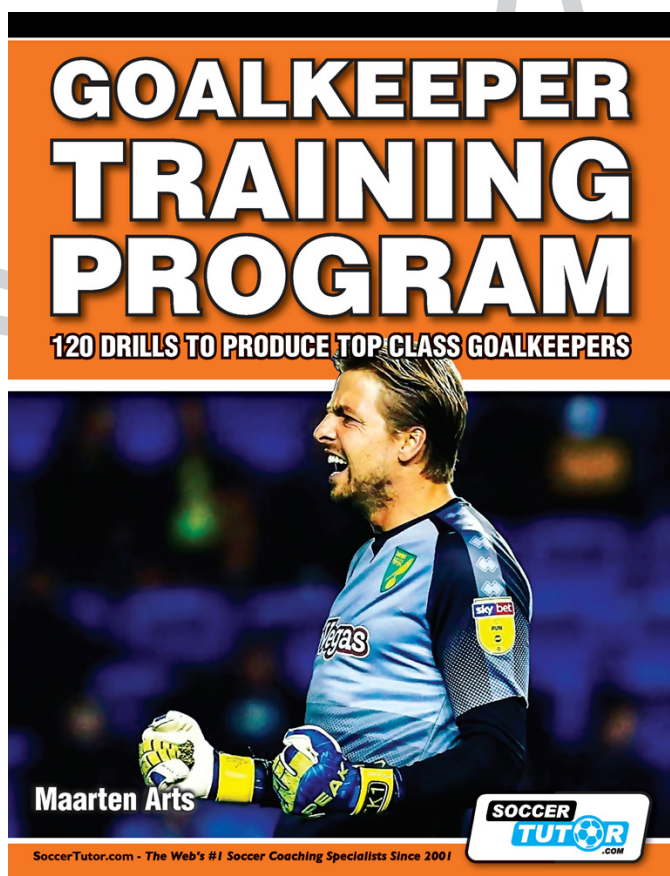
Description

- GK1 plays a 5 v 2 rondo possession game with 2 red players inside and 2 outside. The 2 blue inside players try to win the ball (1 point).
- The aim is to complete 5 passes and then play a long pass to GK2 (1 point).
- The 2 red inside players and 2 blue players move across to the other side. We play the same rondo possession game, with the aim to complete 5 passes and play back to GK1.

Variation: Only GK1 and GK2 can play the long pass to the other side.

Coaching Points

1. This is high intensity for the red and blue inside players, so change these players every 2 minutes (maximum).
2. The GKs have to create a free passing line to receive. When the ball is played to the GK, the red players then need to create a free passing line.
3. When the GK has to play the long pass, the back pass should be slow.



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