



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Goalkeeping Distribution

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 4 and one ball * 3 players start by passing the balls short and then hit a long pass to a far player * Two of the players then join the other player * Vary the distribution and passing between the small group from rolling and passing * Vary the long distribution from, kicking, throwing and punting 	<ul style="list-style-type: none"> * Make your decision early on which type of distribution you will use * Make eye contact with the receiving player * Follow through
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 3 v 3 to small goals * Keepers either roll or sling throw the ball amongst themselves * Goals can only be scored by rolling the ball through the goal * Possession is lost if a ball is intercepted or goes out of bounds * No tackling or attempting to remove the ball from the opponents hands. 	<p>Roll Pass</p> <ul style="list-style-type: none"> * Front foot pointing towards receiving player * Bend the knees * Keep the ball on the ground <p>Sling Throw</p> <ul style="list-style-type: none"> * Front foot pointing towards receiving player * Bring a straight arm over the head * Follow through
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 5 v 5 * Add a halfway line * The attacking player for the team must always stay in the attacking half * No offside rule applies * Teams score double if the goal is scored by starting from a ball distributed by the goalkeeper * Coaching position needs to be in and around the keepers area 	<ul style="list-style-type: none"> * Look forward first when in keeper has possession * Decision making of which source of distribution is used * Team shape - wide and long * Playing to feet or space
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 including GK's or whatever numbers work out for group * Normal soccer rules * Little to NO coaching 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Goalkeepers = Field Players </div> <div style="text-align: center;"> = Ball </div> </div> <div style="margin-top: 10px;"> = Lofted throw or pass = Goal = Roll Pass = Movement without the ball </div>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players pass and move in pairs. Stretch</p>	

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