



## 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"> <li>* Groups of 4 and one ball</li> <li>* 3 players start by passing the balls short and then hit a long pass to a far player</li> <li>* Two of the players then join the other player</li> <li>* Vary the distribution and passing between the small group from rolling and passing</li> <li>* Vary the long distribution from, kicking, throwing and punting</li> </ul>	<ul style="list-style-type: none"> <li>* Make your decision early on which type of distribution you will use</li> <li>* Make eye contact with the receiving player</li> <li>* Follow through</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 3 v 3 to small goals</li> <li>* Keepers either roll or sling throw the ball amongst themselves</li> <li>* Goals can only be scored by rolling the ball through the goal</li> <li>* Possession is lost if a ball is intercepted or goes out of bounds</li> <li>* No tackling or attempting to remove the ball from the opponents hands.</li> </ul>	<p><b>Roll Pass</b></p> <ul style="list-style-type: none"> <li>* Front foot pointing towards receiving player</li> <li>* Bend the knees</li> <li>* Keep the ball on the ground</li> </ul> <p><b>Sling Throw</b></p> <ul style="list-style-type: none"> <li>* Front foot pointing towards receiving player</li> <li>* Bring a straight arm over the head</li> <li>* Follow through</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 5 v 5</li> <li>* Add a halfway line</li> <li>* The attacking player for the team must always stay in the attacking half</li> <li>* No offside rule applies</li> <li>* Teams score double if the goal is scored by starting from a ball distributed by the goalkeeper</li> <li>* Coaching position needs to be in and around the keepers area</li> </ul>	<ul style="list-style-type: none"> <li>* Look forward first when in keeper has possession</li> <li>* Decision making of which source of distribution is used</li> <li>* Team shape - wide and long</li> <li>* Playing to feet or space</li> </ul>
<p style="text-align: center;"><b>MATCH</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including GK's or whatever numbers work out for group</li> <li>* Normal soccer rules</li> <li>* Little to <b>NO</b> coaching</li> </ul>	<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;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Players pass and move in pairs. Stretch</p>	

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