**Kentucky Youth Soccer Association**  
**Coach Education Lesson Plan**

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**Topic:** Goalkeeping Distribution

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### FUNDAMENTAL – WARM UP

- 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

### KEY COACHING POINTS

- Make your decision early on which type of distribution you will use
- Make eye contact with the receiving player
- Follow through

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**MATCH RELATED ACTIVITY**

- 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.

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**MATCH RELATED ACTIVITY**

- 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

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**MATCH**

- 6 V 6 including GK's or whatever numbers work out for group
- Normal soccer rules
- Little to NO coaching

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**COOL DOWN**

- Players pass and move in pairs. Stretch

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