



Goalkeeping: Distribution - Swiss Flag

Category: Goalkeeping: Distribution

Difficulty: Advanced

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Individual-Adult Member

Screen 1

Set-up: 8 players, two teams of four. Four coned boxes distanced from each other depending on level of player and age. 1 ball

Exercise: Four players (Red) are in possession of ball and are stationed in a box. They must remain in that box until their team loses possession. Four defenders start in the center space between the four grids. Only two players can leave the box at the same time. There must always be two players in that box. Red team attempts to retain possession through passing to teammates in other grids. 1 Defender can enter the box with the ball at the time. If team in possession loses the ball either through bad pass, bad touch, defender wins ball, the teams exchange roles and the game continues. First pass to start is free and all defenders must remain in box until first pass is touched by receiving player.

Progression: Add third team of four players one of each is added to one of the four boxes so its 2v1 in boxes. One touch only. Team that last touches ball or concedes possession become defensive team.

