

## Screen 1 (20 mins)

### Organisation

Set exercise up as shown above, adapting the sizes to suit the Gk's specific to the session.

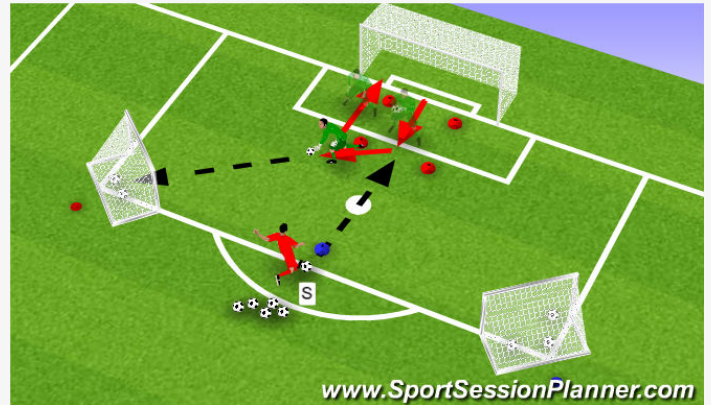
The Gk will start behind the 'red box', on coach request the Gk will move into the centre of the box and 'set' for strike from S. After the Gk makes a save, they will distribute the ball with their hands into a mini goal of their choosing.

### Progressions

1. Coach can pass the ball to the Gk, who will pass the ball into the mini goal
2. Coach can request the Gk distribute the ball (pass/throw), into a certain goal.
3. Gk can start at the side of the box, before moving into the box to deal with a collapsed dive service from S
4. S can hold up a red/blue cone for the Gk to scan and see, then they must distribute the ball (pass/throw) into the red/blue goal
5. S can hold up a red/blue cone for the Gk to scan and see, then they must distribute the ball (pass/throw) into the opposite goal
6. Replace mini goals with 'live' players and play a game relative passing sequence
7. Increase distance of mini goals to make the distribution more difficult

### Key Points

1. Feet/hands distribution
2. Handling
3. Diving
4. Awareness/scanning play
5. Movement
6. Shot stopping



## Screen 2 (20 mins)

### Organisation

Set exercise up as shown above, adapting the sizes to suit the Gk's specific to the session.

The Gk will start around the 6 yard line. S1 will pass the ball to S2, with the Gk moving in relation to this pass. S2 will then pass the ball into the Gk to receive. As the pass is approaching the Gk, S1 will hold up a red/blue cone and the Gk must scan the play to see this, before distributing the ball with feet into the red/blue goal. After the pass, the Gk will move into position to deal with a shot from S1, who has a second ball.

### Progressions

1. S1 can hold up a red/blue cone for the Gk to scan and see, then they must distribute the ball (pass/throw) into the opposite goal
2. Replace mini goals with 'live' players and play a game relative passing sequence
3. Add a final distribution for the Gk, after they have made the save from S1
4. S1 shoot straight away, to ensure Gk is alert and focused
5. Increase distance of the mini goals, to increase difficulty of distribution

### Key Points

1. Feet/hands distribution
2. Handling
3. Diving
4. Awareness/scanning play
5. Movement
6. Shot stopping

