



Receiving with Distribution

Category: Goalkeeping: Distribution

Skill: Mixed age

Pro-Club: SSP South America
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Description

- 1) Set position between the players;
- 2) Move backward to receive and pass the ball to the small net;
- 3) Move backward to the middle and shot stopping;
- 4) Move forward to receive and pass the ball to the small net;
- 5) Shift right/left shot stopping.

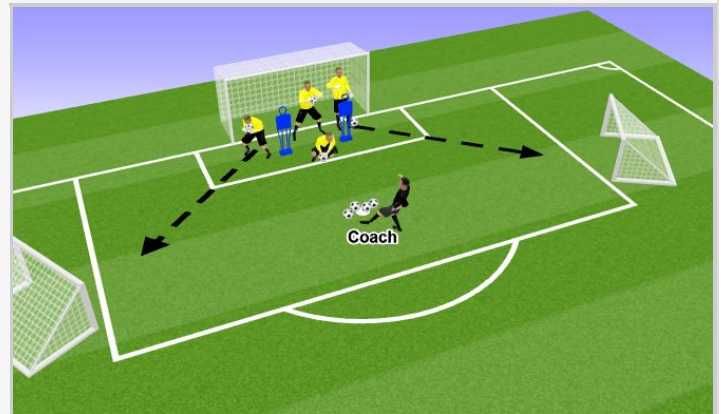
P.S: Switch sides

Progress:

- 1) Set position between the players;
- 2) Move backward to receive and pass the ball to the small net but coach runs for pressure;
- 3) Shift right/left to the opposite side and shot stopping;

P.S: Switch side.

Screen 1 (10 mins)



Coaching Practice Review and Reflection

5 balls to each side