



International Goalkeepers Academy

Technical Tip # 15

THE IMPORTANCE OF ACCURATE DISTRIBUTION BY GOALKEEPERS

The ability of a goalkeeper to accurately distribute a ball consistently throughout a match plays a huge part in the ability of the team coach to vary the team tactics.

Playing out from the back and holding possession obviously gives the team more options all over the park. This gives the team the ability to turn defense into attack very quickly or to vary the tempo of the game.

Goalkeeper's must practice and become competent in all forms of distribution and also have a good understanding of the tactics that are being played by their team.

The keeper should have a good knowledge of the ability of all his team mates so he does not deliver a ball to them that puts them under pressure. Some players are comfortable on the ball with either foot even when they are being closed down. Others may panic if placed under pressure when trying to control a difficult ball. Often when this happens the player in question will not look for the ball to be played out by the goalkeeper as they may have doubts regarding the keeper's ability to play them a safe ball. This of course cuts down the options the keeper has when trying to play out from the back.

It is therefore essential that a keeper works on all the distribution skills and perfects these so they can quickly and accurately distribute the ball utilising all techniques.

While practising these distribution skills is not as satisfying or spectacular as diving round when you are shot stopping, if you acquire all the distribution skills required, and improve your first touch you are more likely to get selected at a higher level.

Perfecting these skills means working on a daily basis in your own time and at regular team practice sessions to allow you to reach the required skill level.

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