

Tactical Distribution

**Presented by:
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The Presentation Will Review Four Themes

- The focus of this session will be on the available options and techniques for the goalkeeper and field players.
- Such things as conditions affecting match environmental factors (score, time climate, etc.).
- Many youth coaches and players fail to teach/coach/train the tactics of what to do with the ball once the ball is recovered by the goalkeeper.
- Design a training session which would lead to team success in building out from the GK.



The 11th Outfield Player: The 1st Attacker

Goalkeepers in recent years have become the 11th Outfield Player.

- So when did it all change?
- When did the goalkeeper become the 11th outfield player?

Much of this is down to one of the better rule changes that FIFA have implemented in recent years; the Back-pass rule. After the 1990 world cup, a tournament which was exceedingly dull, rife with back-passing and goalkeepers holding up the ball was not seen as the greatest footballing show on earth.



The 11th Outfield Player: The 1st Attacker

Goalkeepers would frequently drop the ball and dribble it around, only to pick it up again once opponents came closer to put them under pressure; with a great case being Republic of Ireland GK Pat Bonner who kept the ball for over 6 minutes against Egypt by dribbling it around his box and picking it up again.

And with one rule change, the goalkeeping game was changed forever. The back-pass rule forced goalkeepers to focus more on their footwork, rather than rely on their hands.



The 11th Outfield Player: The 1st Attacker

Undoubtedly one of the goalkeepers who had a lot of success with this rule change was former Man United stopper and David De Gea's predecessor, Edwin Van der Sar, who can be seen loitering on the edge of his own box for most of the game while he was at Old Trafford, acting as a sweeper waiting to play a controlled pass into the midfield.



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The 11th Outfield Player: The 1st Attacker

While searching for a goalkeeper, a coach will now undoubtedly have to look for a goalkeeper who is comfortable with the ball at his feet; which is now an important criteria for a world class goalkeeper. Take for example the likes of Edwin Van der Sar, and Pepe Reina for Liverpool.

Can anyone rival the distribution qualities that the Former Man United and Current Liverpool number 1's have? No chance. Pepe Reina's distribution is an absolute joy to watch, and quite frankly embarrasses some outfield players own ability when it comes to passing a football.



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The 11th Outfield Player: The 1st Attacker

So it takes a more rounded player to become a World-Class goalkeeper, just as it does to be a decent club or high school keeper.

- ❖ Being a top keeper is no longer simply about being a good shot stopper, that is now the minimum requirement.

So the nuance comes from a player who can add another element to their teams attack, the way Pepe Reine and Van der Sar have with their distribution.

- ❖ But does having good distribution and a good passing technique make you halfway into becoming a world-class keeper?

This is the dilemma faced by current Man United number 1 David de Gea. A lot has been said in the media about his distribution, or inabilities their of.



Tactical Distribution – When Things Go Wrong



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.....And Some times they go right!



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Build Up Play

Goalkeeper Distribution

The role of goalkeeper distribution in soccer is of undeniable importance, so time should be spent practicing the necessary techniques and thought given to making the right decisions as often as possible.

Here are some key considerations when offloading the ball as a soccer goalkeeper:

- Be aware of where you could distribute the ball before you even get it.
- Get rid of the ball quickly and accurately if there is the chance to set up an attack.
- Know the pace and height at which you need the ball to travel to reach its target.
- Decide upon which method of distribution you are going to use.



The Objectives in Tactical Distribution:

- Delineate the various ways that a build up starts from the GK (ball in hands, back passes, or dead-balls).
- Examine the Tactical roles of the players in lines and rows and individuals in successfully building from the GK up as well as specific technical imperatives for these build-up actions.
- Assess and discuss game condition factors (i.e. field condition, weather, time, score, etc.). Why/ when to build up from back- team principles.
- Design a training session which would lead to team success in building out from the GK.



Build Up: Goalkeeper starts ball in hand:

- ✓ Choices to roll, throw (medium/long), kick long early or hold and late. If building, roll or throw are likely options. Ability to roll/throw accurately is imperative.
- ✓ Wide backs need to peel out to create width get early ball if possible, while GK moves to open lane. Ability to receive and be ready to pass/dribble immediately a must.
- ✓ MFs need to position in open lanes initially and in preparation to support if ball rolled wide.
- ✓ FWDs need to stretch play up-field for possible penetration.



Build Up Goalkeeper starts ball in hand:

Here are some rules to follow:

- ✓ If the ball comes in from one side, distribute to the other side.
- ✓ If your team is under heavy pressure, punt long to relieve pressure.
- ✓ If your team needs possession, then throw the ball out to the outside areas of your final third unless players are not open.
- ✓ If your teammate is close to you, bowl or roll the ball out underhand.



Build Up Goalkeeper starts ball in hand:

Here are some rules to follow:

- ✓ If your teammate is farther from you, then sling throw overhand the ball to get it there quickly and to cover more distance.
- ✓ If your teammate is standing, then throw to their feet, don't lead them into space.
- ✓ If your teammate is running, then lead them into the space they are moving to.



Build Up from the GK Hands



Goalkeeper-Build Up Play

From The Hands



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Build Up: Starts from pass to Goalkeeper:

- *Various choices to consider:*
 - ✓ pass/clear if pressured hard,
 - ✓ pass long if no sure targets in final third (R/S),
 - ✓ play back into same lane ball came from,
 - ✓ change the direction of the build up.
- * The GK's ability to pass (1/2 touch) imperative.



Build Up: Starts from pass to Goalkeeper:

Defenders need to:

- ✓ Assess risk and if possible create width (WBs) and create support close (usually CBs) as ball is travelling.
- ✓ Must be able to receive and play assuredly. Passes must be “ready to play”.

Midfielders need to:

- ✓ Take optimal positions to support GK long as well as potential backs that may receive short pass.

Forwards/Strikers need to:

- ✓ Stretch the field and assume optimal position(s) for long outlet pass.



Build from pass back to Goalkeeper



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Build Up: From Goalkeepers Free Kicks:

- Goal Kicks taken short usually to one of the four backs while MFs take opened up positions. How does opponents' pressure effect this?
- Free kicks taken near the penalty area can be used to build up if played to a short supporting player. Defender take up supporting positions, MFs may start as if long ball then open up as build out play occurs. (Again highly dependent on opponents' pressure).
- The team will organize differently when expecting to build out of the back.



Examples of Tactical Decisions off of Goal Kicks



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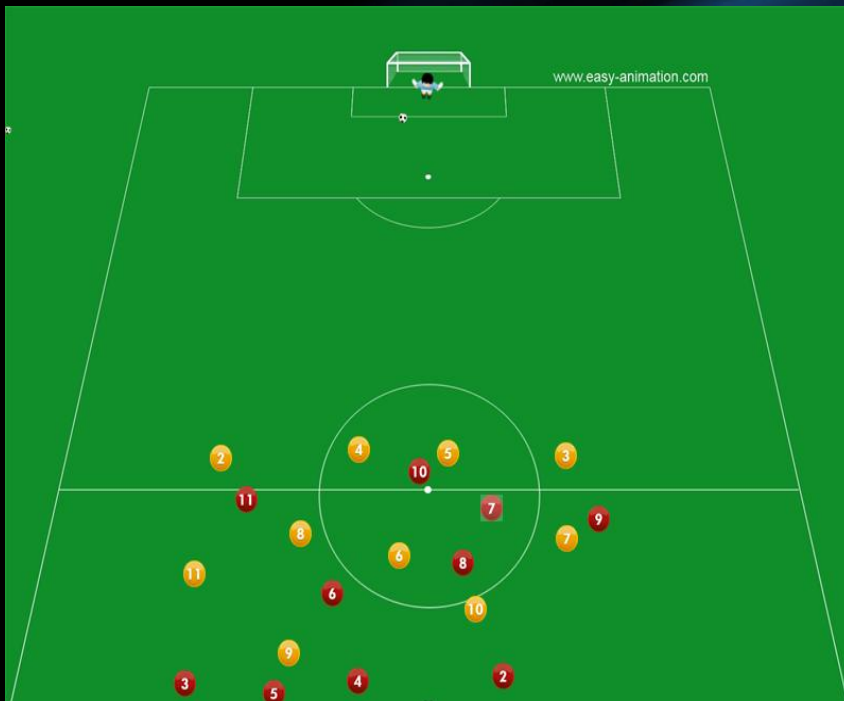


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Build or Long from Goal Kicks

Expecting Long Goal Kick: Targeted player and support move up, MF line usually squeeze inside, Back line pushes up and in to compact space.

Expecting Build Up from Goal Kick: One or more backs drop off and open up, MF line creates width and advanced support for player receiving build out pass. F's stretch long.



Build from GK



Goalkeeper-Build Up Play

From A Goalkick



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Factors affecting build up from back:

- ❑ Field condition (width, surface quality). How would your priorities change from a rough or long grass field to a well groomed pitch?
- ❑ Weather conditions: High wind (against/with), heavy rain, snow etc.
- ❑ Game conditions: Home/Away*, time, score etc.
- ❑ Opponent's actions : line of confrontation, pressure direction, etc.
- ❑ **Our team principles of play** : linking lines together, using high percentage passes, and quick interplay.



Training Session Example

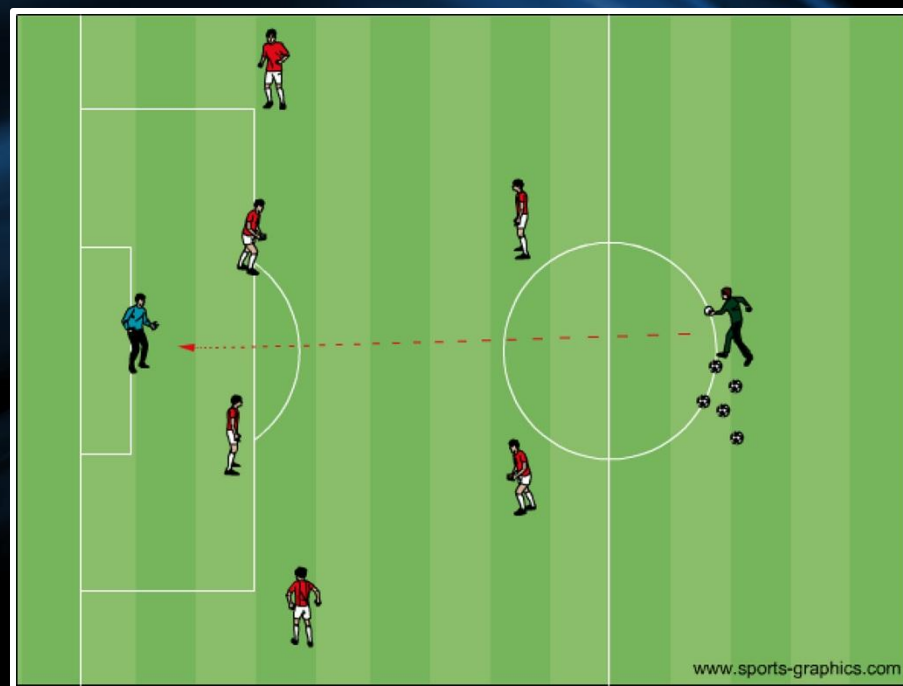
1. Technical Warm-Up:

Objective:

- Rehearse passing and receiving with short distribution resembling building out of the back once GK is in possession.

Coaching Points:

- Footwork when adjusting to receive pass – body position at crucial moment.
- Distribution/passing accuracy and pace – is the receiving player able to face for next “play”.
- Throwing/bowling actions – especially follow through leading to accuracy.



Training Session Example cont.

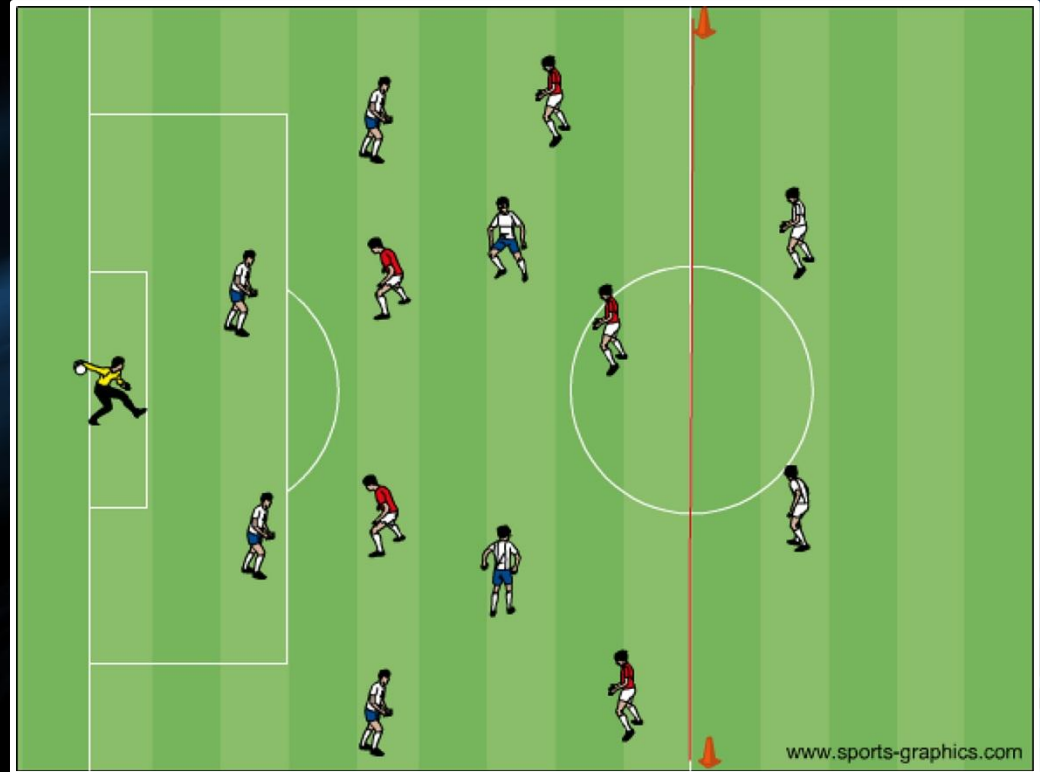
2. Small Sided Activity:

Objective:

- Play 5v7 (+2) in Half Field
- Red Team attacks to score on Large goal, while White Team scores by playing out of the back and across midfield line (orange line).
- Vary the numbers of Red players going forward.
- Two neutral players support the Red team, but come alive as F's or WP's when the Whites have the ball.

CP's:

- Note initial movements when GK receives ball – should maximize chances out while assessing risk.
- Assess movements in reaction to cues of the 1st touch.
- Assess second line of players reactions as well.



Training Session Example, cont.

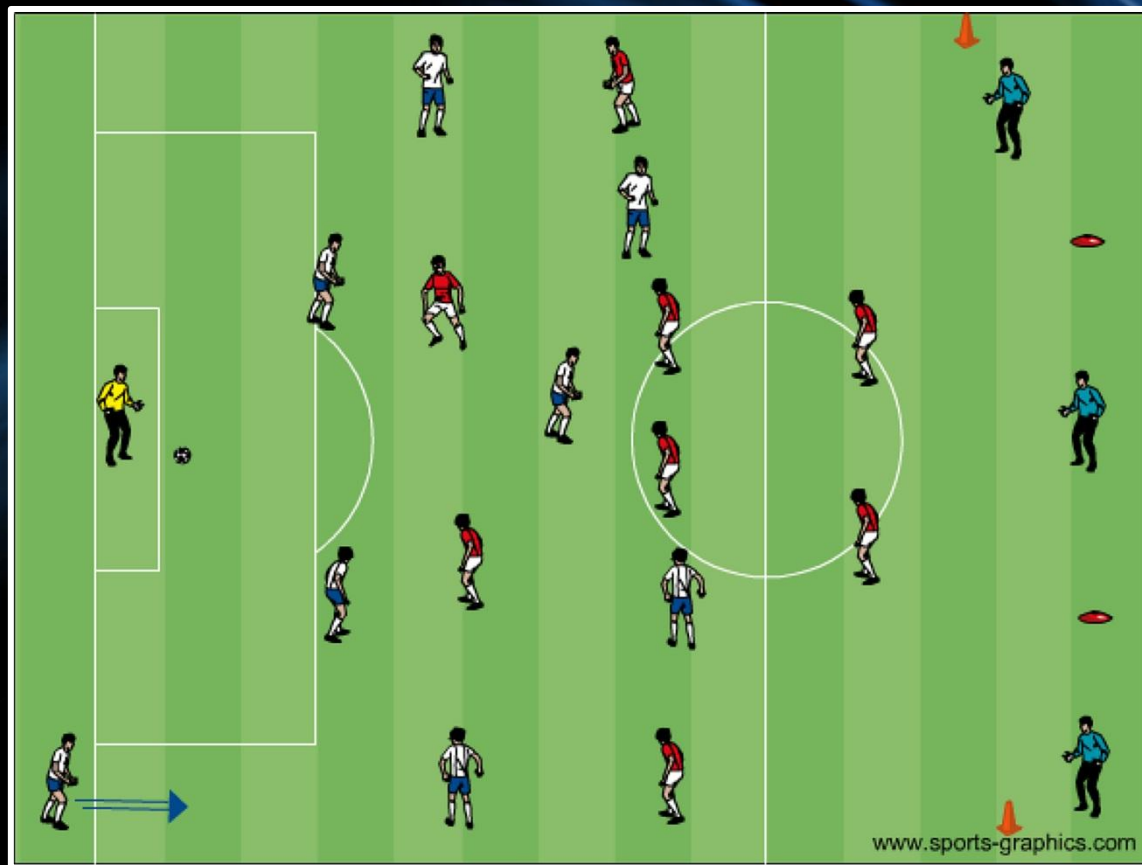
3. Expanded SS Activity:

Objective:

- Play 8v8 (+3) with 8 Attacking large goal (red), and 11 Building out of back (white).
- White team scores by playing neutral (blues) feet OR by possessing over line between cones. Red team scores traditional way.

CP's:

- Players starting movements at the moment of transition.
- Quick, accurate distribution choices in building out of back.
- Make second movements in next line appropriate to cues.
- Adjust spacing to previous pass and receiving cues.



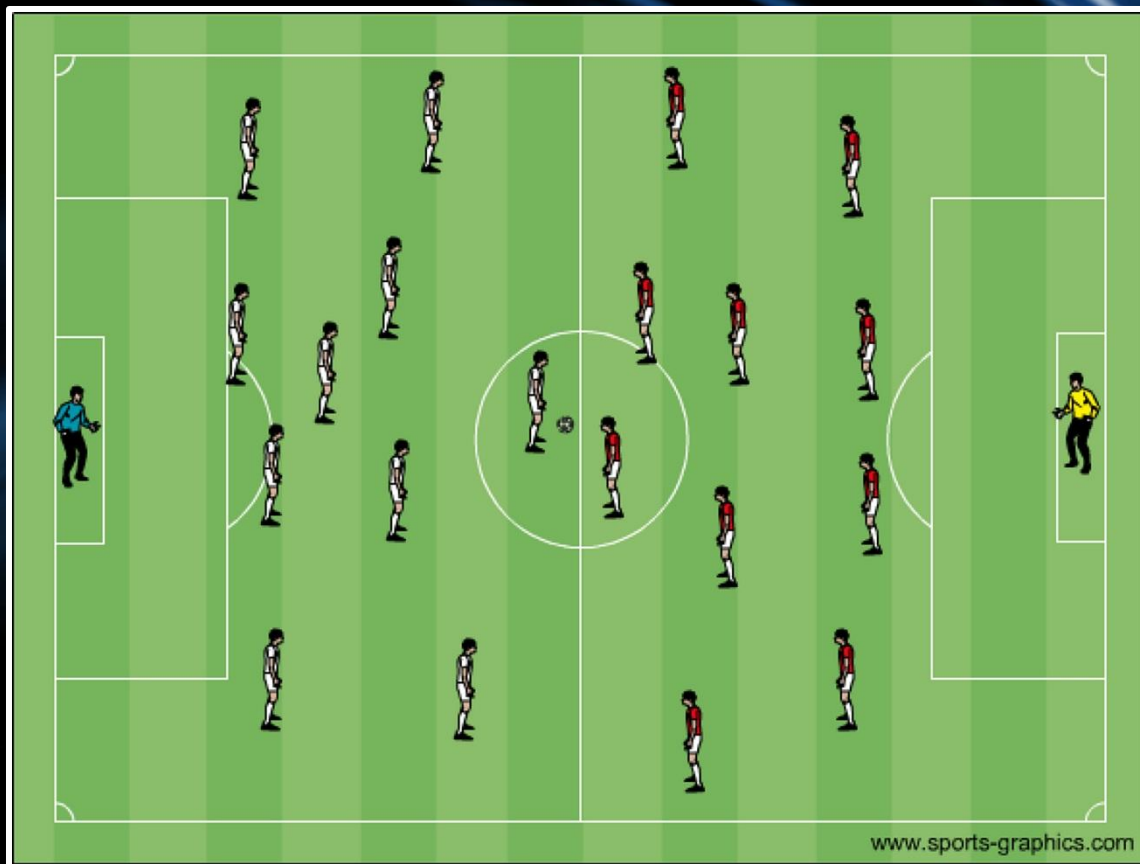
Training Session Example, cont.

4. Match Activity:

- Play 11v11 with regular rules in play.
- Vary game conditions (ahead; behind; time in game; #'s up; #'s down; etc.)

CP's:

- Tactical/Technical Decisions
- Players starting movements at the moment of transition.
- Quick, accurate distribution choices in building out of back.
- Make second movements in next line appropriate to cues.
- Adjust spacing to previous pass and receiving cues.



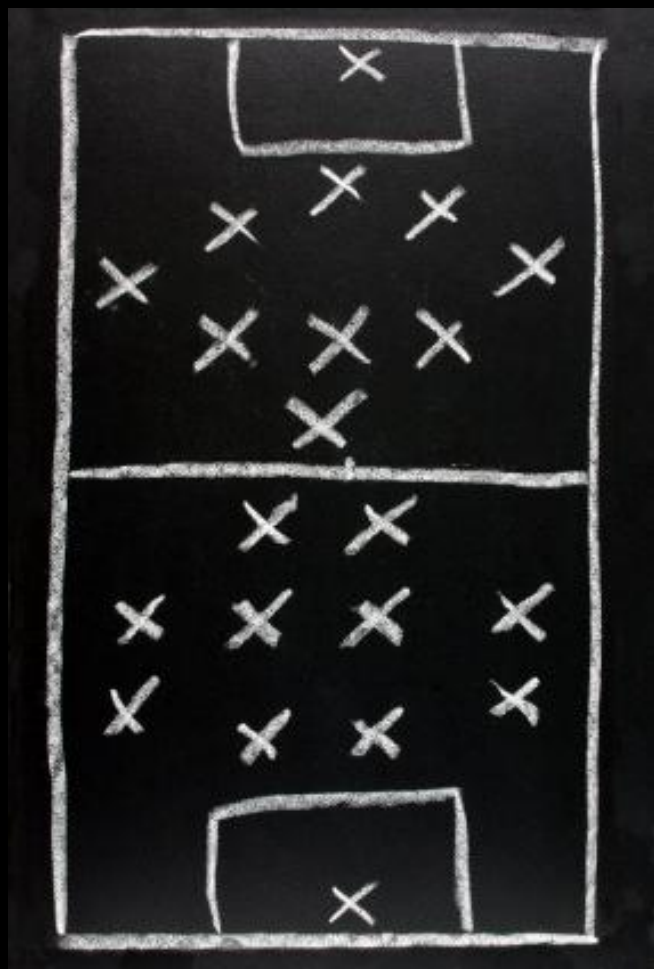
Field Player Considerations

Simple things to consider in the “tactical” sense.

- **Long Punts**: teaching twin forwards to have one target, and the second player looking for the flick on; or underneath for the knock down.
- **Establishing Width**: Getting players into the channels for throws or directed distribution via feet from the GK.
- **Training Individual Forwards**: to receive long distribution by backing into backs to established length, then stepping back for ball.
- **Umbrella**: Getting midfielders into an “umbrellas shape” to deal with punts into the target players – securing the second balls.
- **Managing the Match**: Setting the pace; score (up, tied, down); result needed; weather or pitch conditions; opponents strengths/weaknesses; how the official is calling the match.



What Has Worked For You?



Thank You For Attending Today's Session on Tactical Distribution

Questions or Comments:

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