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Internationals Soccer Club: A History of Excellence

Goalkeeping: Distribution

When a keeper first receives a ball, there should be a quick progression they follow to determine where they should look to distribute the ball.

Too often, keepers distribute without much thought to where they are distributing to, or where they should look first.

First of all, realize these are just general guidelines and things will change depending on time of the game, score etc.

When a keeper first gets the ball, they should look to see if there is an opportunity for an early long distribution that would put a target player into a numbers up situation. If that opportunity exists, the long ball (whether a punt, drop kick or long throw) should be considered.

If an early long ball won't create a numbers up situation, then the next thing to look for is a medium range distribution (usually to a center midfielder or an outside midfielder).

If an early long ball and early midrange ball aren't available, next the keeper should look for a short-range ball (possibly a rolling ball to a defender's feet).

The keeper should also look to change the point of attack if choosing to distribute the midrange or short ball.

If the initial long ball, midrange ball and short ball aren't available, next the keeper would slow things down, let their team get set and look to play a long ball.

The initial look of long then midrange then short has to be done within the first second of possession so it's something that needs to be done quickly and automatically.

This is yet another example of a keeper having to think quickly and make quick and accurate decisions in order to help their team be more successful.

Look far first, then midrange, then short and then long upon receiving the ball and you will be more successful in your decision making on distribution.

This article is based on an article written by Lawrence Fine of www.finesoccer.com.