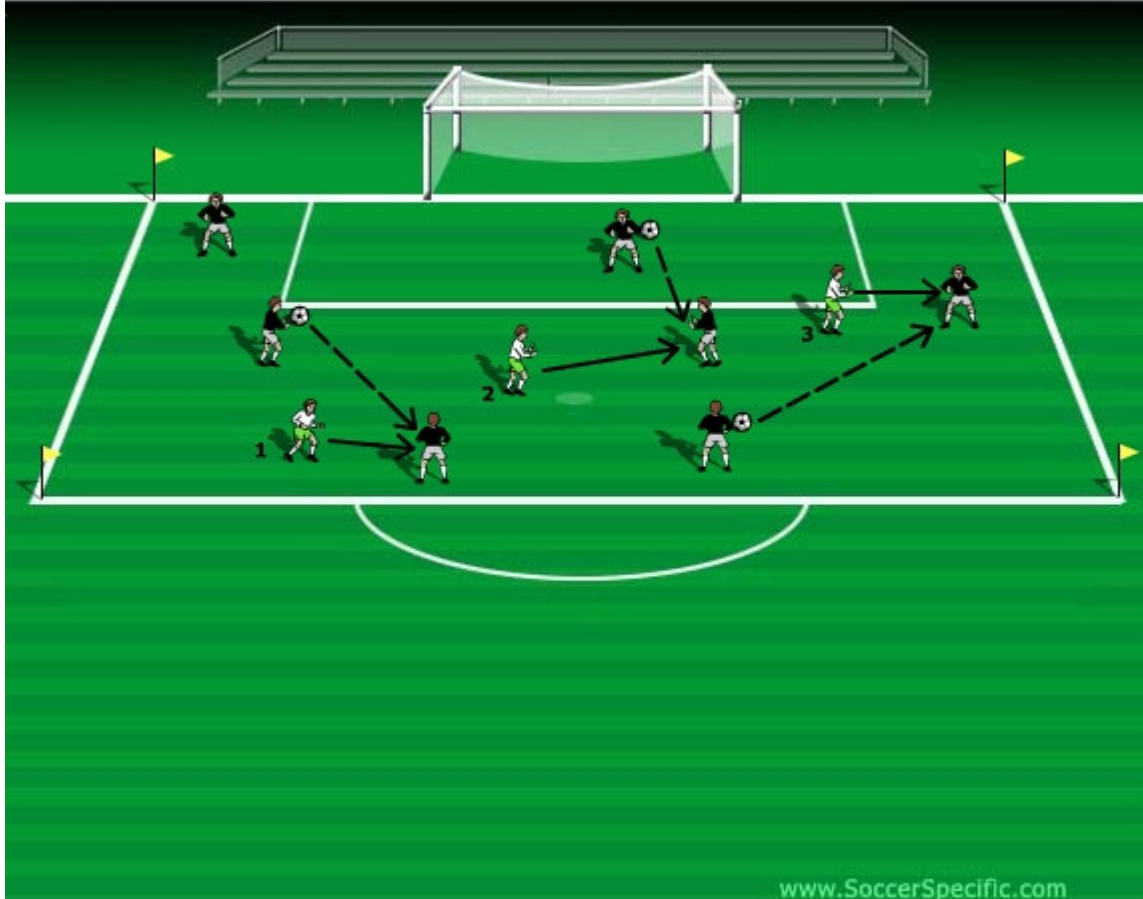


Goalkeeper Tag

Emphasis: Throwing distribution



Set-up:
Use the penalty box. Place a group of goalkeepers and three balls inside the area.

Objective:

Six to ten goalkeepers play in the area. Designate three as “taggers”. The “non-taggers are in possession of the three balls and throw them around to each other. The “taggers” try to touch the goalkeepers who are not in possession of the balls. A goalkeeper with a ball must distribute to the teammate before he/she gets tagged. If a goalkeeper is tagged or leaves the area, he/she trades with a “non tagger”. The objective is not to be a “tagger”.

Progression:

1. Take one of the three balls away and add a “tagger”.
2. Must throw with the weaker arm.

Coaching Points:

- Stay connected to the play.
- Must have accurate throws.
- Demand the ball with verbal communication.