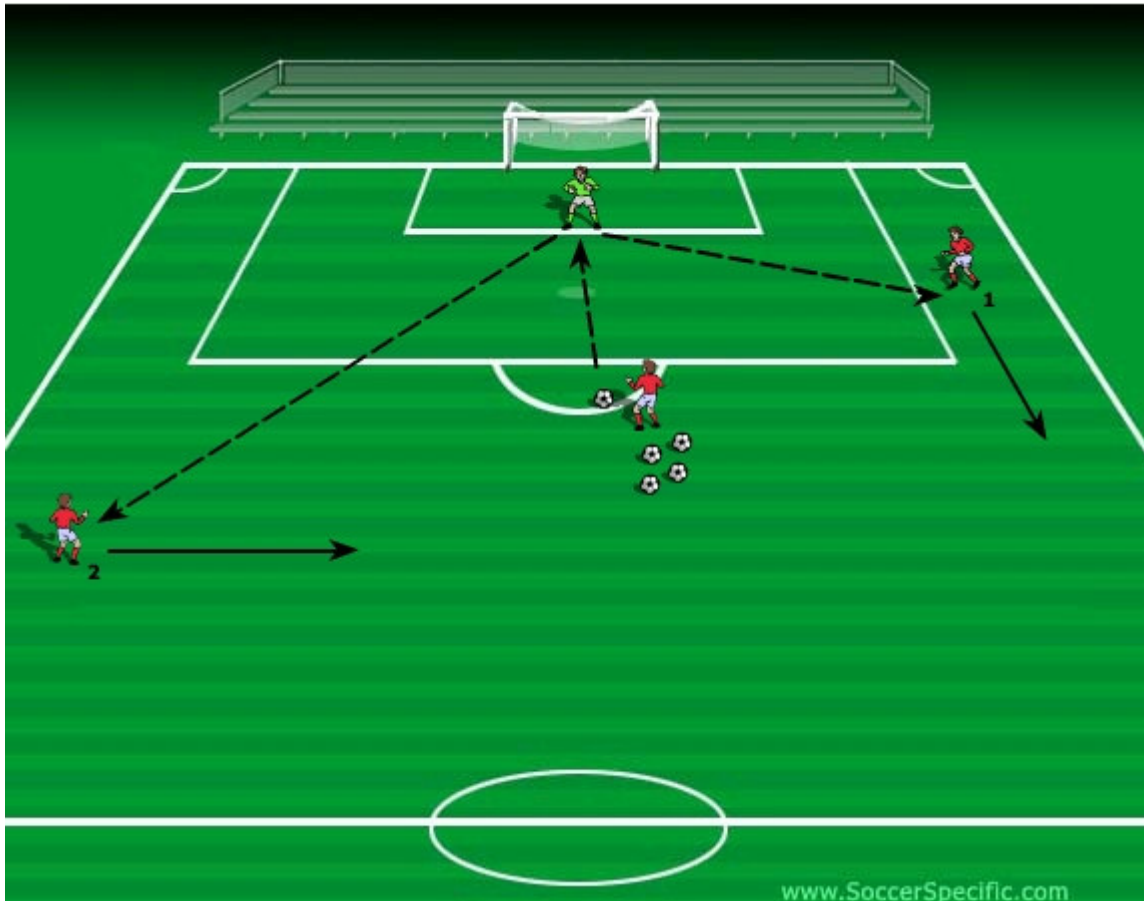


Throwing to The Target

Emphasis: Bowling and throwing



Set-up:

The goalkeeper starts on his 6 yard line. The server is placed at the top of the penalty box with a group of balls. One target is just outside the side of the penalty box about 9 yards from the end line. The other target is 40 yards from goal and close to the side line.

Objective:

The server shoots on the goalkeeper and he/she makes the save. The goalkeeper recovers to his/her feet immediately and rolls the ball out to target 1 (the outside left back). The goalkeeper reloads, makes another save and throws the ball to target 2.

Progressions:

1. Target 1 and 2 become moving targets.
2. Increase the distance of the distribution.

Coaching Points:

- Always distribute to the targets feet.
- Never lead the player into danger.
- Don't try and distribute before you have made the save.