

**Procedure:**

The goalkeepers distribute the ball to the players stationed around the outside of the field, and the sequence ends with a shot on goal. Play starts with a throw to a back or a mid. If the throw leads them up field, they look to pass (Diagram A) or cross (Diagram B) to the striker - Player E - for a finish on goal. After the shot, the GK's switch out.

If the throw from the GK takes a player back towards the end line, that player must

Procedure (con't):

then pass the ball back to the goalkeeper (Diagram C). From there, the GK opens up and changes the ball to the other side of the field to either the back or the mid. Any time a ball from the keeper takes a player back towards goal, the ball must be played back to the keeper to be cycled around again. Any time a ball from the keeper leads a player up the field, the end result is a cross or shot by the striker (Diagram D).

Coaching Points:

- 1 **Speed of Play** – The outside players should be receiving passes on the run. They should create space to run into, and the throw should lead them into that space.
- 2 **Technique** – The throw from the GK should not slow players down or force them to take extra touches in order to control it.
- 3 **Switching the Field** – The keeper must get his feet set early in order to be able to open up with his first touch and change the field.
- 4 **Decision Making** – Choose the right opportunity to play the ball out to a midfielder. A poor choice can result in a weak pass out, one that would be intercepted by a defender.

Progressions:

- 1 Once the striker receives, he can make a long pass to an outside back for a cross and finish.