

Topic = Clearing Crosses - Punching

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>* Goalkeepers with a ball each</li> <li>* Keep the ball in the air by punching it up (one handed)</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>* One ball per group and they keep the ball up between the group (Using two hands)</li> <li>* After each time they punch the ball up, they must fall down and get back up before they can punch the ball again</li> </ul>	<ul style="list-style-type: none"> <li>* Thumbs tucked below the surface of the fist</li> <li>* Keep elbows relatively close to the body</li> <li>* Hit through the bottom centre of the ball</li> <li>* Obtain Height</li> <li>* As the exercise progresses, accuracy is needed to find an upright target.</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Set up inside the 18 yard box</li> <li>* Server throws and under arm ball for the Keeper to punch clear back to the server (Two Fisted)</li> <li>* Server now throws the ball back in for the keeper to back peddle and punch clear to the other keeper standing on the opposite side of the box (One fisted)</li> <li>* Rotate players through every 3 or 4 attempts</li> </ul>	<ul style="list-style-type: none"> <li>* Punch in direction of momentum</li> <li>* Keep your eyes on the ball</li> <li>* Bring the knee up which is nearest to the field for protection and elevation</li> <li>* Punch for Height, distance, width and accuracy</li> </ul>
<p style="text-align: center;"><b>MATCH RELATED ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* Serving player starts wide with numerous balls</li> <li>* Serving Player now has two strikers to cross to</li> <li>* Once the Goalkeeper has possession or it is cleared the server starts again</li> <li>* Place a second goal on the opposite side of the box, for the keeper to punch into if the cross is deep</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>* Add defenders and more attacking players</li> <li>* Vary the cross</li> </ul>	<ul style="list-style-type: none"> <li>* Judge the flight of the cross, not every ball will need to be punched</li> <li>* Shout Goal-keeper</li> <li>* Have body stance at an angle to be able see the crosser and runners</li> </ul>
<p style="text-align: center;"><b>MATCH CONDITION ACTIVITY</b></p>	<ul style="list-style-type: none"> <li>* 6 V 6 including Goalkeepers</li> <li>* Normal Soccer Rules</li> <li>* Stand behind Goalkeepers and focus on the footwork</li> </ul>	<p style="text-align: center;"><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li style="width: 50%;">○ = Ball</li> <li style="width: 50%;">☺ = Goal-keeper</li> <li style="width: 50%;">☺ ☹ = Players</li> <li style="width: 50%;">→ = Punch</li> <li style="width: 50%;">- - - - - = Run</li> <li style="width: 50%;">↖ = Cross/Throw</li> <li style="width: 50%;">⤿ = Dribble</li> <li style="width: 50%;">🏠 = Goal</li> </ul>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>GK's throw, roll and catch the ball in pairs. Stretch</p>	