**Topic = Clearing Crosses - Punching**

**Coach = Adrian Parrish**

<table>
<thead>
<tr>
<th>FUNDAMENTAL – WARM UP</th>
<th>ORGANIZATION</th>
<th>KEY COACHING POINTS</th>
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</thead>
<tbody>
<tr>
<td>* Goalkeepers with a ball each</td>
<td>* Goalkeepers with a ball each</td>
<td>* Thumbs tucked below the surface of the fist</td>
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<tr>
<td>* Keep the ball in the air by punching it up (one handed)</td>
<td>* Thumbs tucked below the surface of the fist</td>
<td>* Keep elbows relatively close to the body</td>
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<tr>
<td><strong>Progression</strong></td>
<td>* One ball per group and they keep the ball up between the group (Using two hands)</td>
<td>* Hit through the bottom centre of the ball</td>
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<td></td>
<td>* After each time they punch the ball up, they must fall down and get back up before they can punch the ball again</td>
<td>* Obtain Height</td>
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<td>* Thumbs tucked below the surface of the fist</td>
<td>* As the exercise progresses, accuracy is needed to find an upright target.</td>
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**MATCH RELATED ACTIVITY**

* Set up inside the 18 yard box
* Server throws and under arm ball for the Keeper to punch clear back to the server (Two Fisted)
* 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)
* Rotate players through every 3 or 4 attempts

**MATCH RELATED ACTIVITY**

* Serving player starts wide with numerous balls
* Serving Player now has two strikers to cross to
* Once the Goalkeeper has possession or it is cleared the server starts again
* Place a second goal on the opposite side of the box, for the keeper to punch into if the cross is deep

**Progression**

* Add defenders and more attacking players
* Vary the cross

**MATCH CONDITION ACTIVITY**

* 6 V 6 including Goalkeepers
* Normal Soccer Rules
* Stand behind Goalkeepers and focus on the footwork

**COOL DOWN**

6K’s throw, roll and catch the ball in pairs. Stretch

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