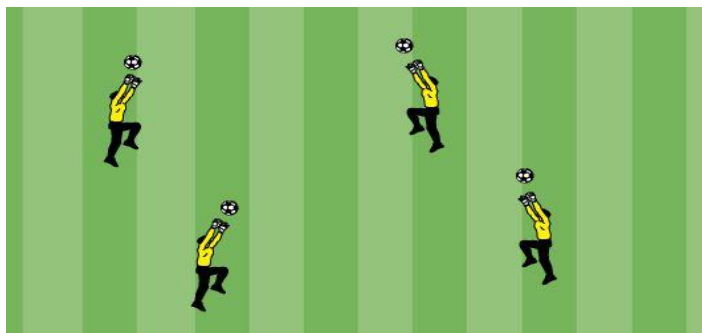


THEME: Clearing Crosses

Organization
 * Goalkeepers with a ball each
 * Keep the ball in the air by punching it up (one handed)
Progression
 * One ball per group and they keep the ball up between the group (Using two hands)
 * After each time they punch the ball up, they must fall down and get back up before they can punch the ball again

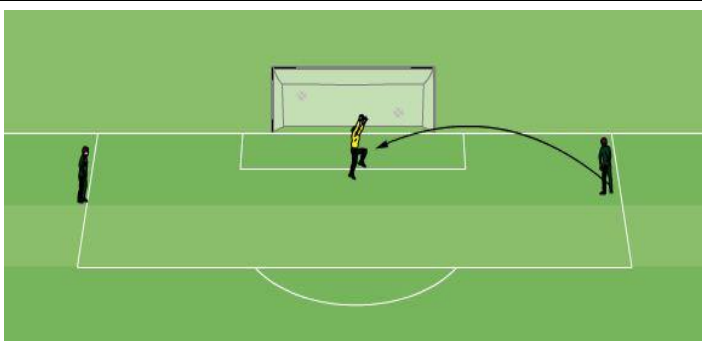
Coaching Points
 * Thumbs tucked below the surface of the fist
 * Keep elbows relatively close to the body
 * Hit through the bottom centre of the ball
 * Obtain Height
 * As the exercise progresses, accuracy is needed to find an upright target.



PHASE II

Organization
 * 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

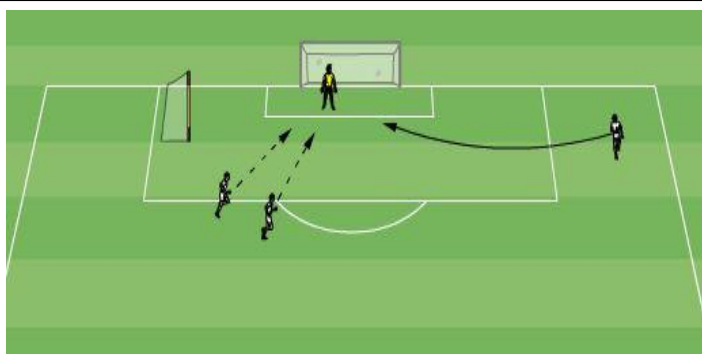
Coaching Points
 * Punch in direction of momentum
 * Keep your eyes on the ball
 * Bring the knee up which is nearest to the field for protection and elevation
 * Punch for Height, distance, width and accuracy



PHASE III

Organization
 * 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

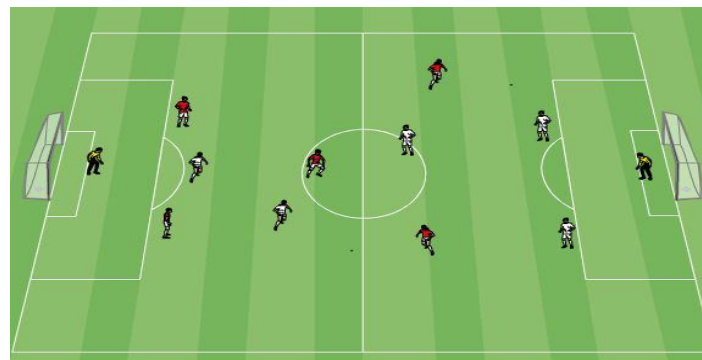
Coaching Points
 * Judge the flight of the cross, not every ball will need to be punched
 * Shout Goal-keeper
 * Have body stance at an angle to be able see the crosser and runners



PHASE IIII

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

Coaching Points
 *



FITNESS / CONDITIONING