



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Clearing Crosses - Punching

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Goalkeepers with a ball each * Keep the ball in the air by punching it up (one handed) <p>Progression</p> <ul style="list-style-type: none"> * 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 	<ul style="list-style-type: none"> * 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.
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 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 	<ul style="list-style-type: none"> * 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
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 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 <p>Progression</p> <ul style="list-style-type: none"> * Add defenders and more attacking players * Vary the cross 	<ul style="list-style-type: none"> * 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
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Normal Soccer Rules * Stand behind Goalkeepers and focus on the footwork 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ● (green) = Goal-keeper ● (white) ● (red) = Players ----▶ = Run ⚡ = Dribble ====> = Punch ← - - - = Cross/Throw ■ (orange grid) = Goal
<p>COOL DOWN</p>	<p>GK's throw, roll and catch the ball in pairs. Stretch</p>	

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