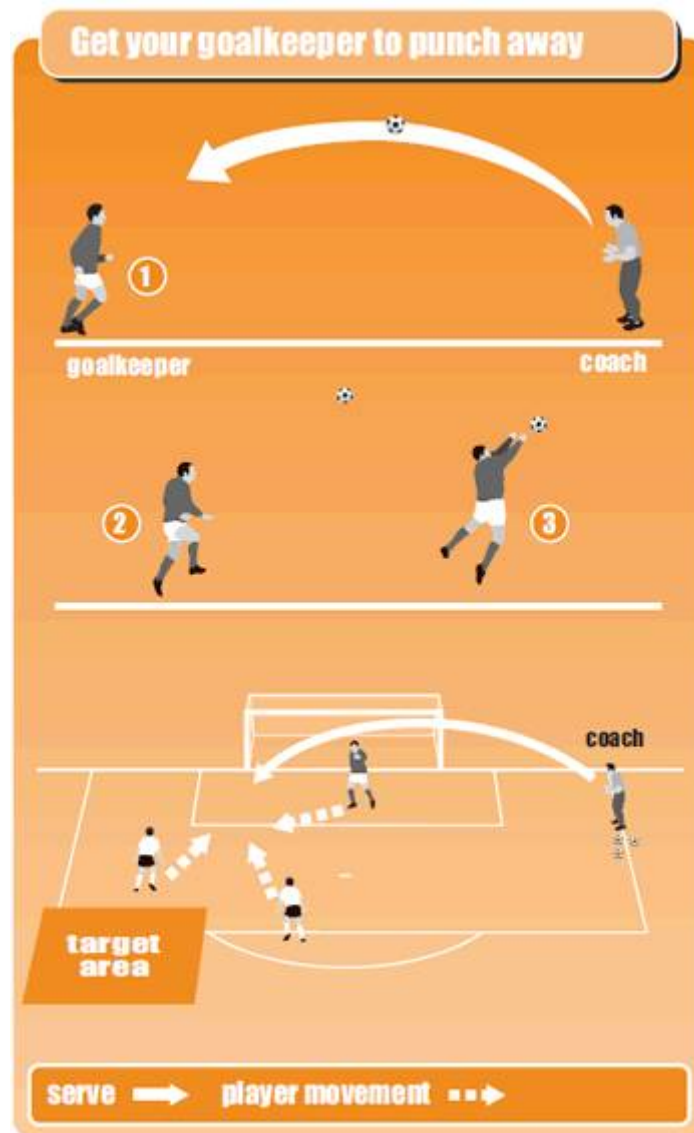


## The goalkeeper's punch

The punch is a great way for goalkeepers to deal with high balls in the penalty area when they are under pressure from attackers jumping for the ball. It is also a good way to clear the ball when the conditions are wet and the ball is slippery making it difficult to hold.



### The technique

- Moving towards the ball, jump off one foot aiming to punch it as high in its flight as possible.
- Keep your eyes on the ball, clench fists and bend elbows slightly.
- Straighten arms at the moment of impact and punch through the ball.

## **The practice**

- You throw the ball high into the air (1).
- The goalkeeper jumps (2) to launch into the air and punches the ball back to you (3).

## **How to advance it**

- This is an advanced practice for goalkeepers in older teams – the attackers should not challenge for the ball.
- Throw the ball so the attackers can run in as if they were challenging for the ball.
- The goalkeeper must jump and punch the ball towards the target area.