



www.soccersource360.com

GK Boxing Activity Summary

Activity 1 **Boxing**

The ball is served to the GK with a high arc. The GK attempts to reach the ball on its way up at the highest point possible. This will enable the keeper to project both fist through the ball. The keeper wants to play the ball with height, distance and width. Poor clearances are a major reason why goals are scored, especially in the girls/women's game.

Activity 2 **Boxing over hurdle**

Same as above but the GK gets over a hurdle when boxing.

Activity 3 **Boxing Crosses**

The ball is now served from the wing position off of a cross. The keeper must now time the ball off of the foot.

Activity 4 **Opposed Boxing**

With service from a variety of sources the GK must now deal with two forwards who attempt to win the ball.

Activity 5 **7v7**

We end the session with a game to see the keeper put the lesson into practice. You may need to make crossing lanes and adjust the rules to require high service.