**Topic: Heading**

**Objective: To teach players the technical points of heading a soccer ball.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Technical Warm up** |  |  |  |  | **Organization** | | |  |  | **Coaching Pts.** | | |  |  |
|  | **Heading Introduction(15 min):** | | | | | | |  |  Eye on the ball; read the flight | | | | |  |
|  | Team is divided into two players with a | | | | | | | | of the ball | |  |  |  |  |
|  |  |  |  |  |  |  |
|  | single ball. | | | |  |  |  |  |  Contact the ball with the upper | | | | |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  | Step 1: Player heads ball to teammate | | | | | | | half of the forehead, NOT TOP | | | | |  |
|  |  |  |  |  |  |  |  |
|  |  | from his/her own hands | | | | |  |  | OF HEAD | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  | Step 2: | | Player serves ball to him/herself | | | | |  Body | mechanics, | | shape | and |  |
|  |  |  |  |  |  |  |  |
|  |  | and heads ball to teammate | | | | | |  | balance | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  | Step 3: Players serve balls to each other | | | | | | | |  |  |  |  |  |  |
|  |  | for return head ball | | | |  |  |  |  |  |  |  |  |  |
|  | Step 4: In small groups, players try to keep | | | | | | | |  |  |  |  |  |  |
|  |  | ball up with head juggling | | | | |  |  |  |  | **Time: *15 minutes*** | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Small Sided Game** |  |  |  |  | **Organization** | | |  |  | **Coaching Pts.** | | |  |  |
|  | **Head Wars -2v2:** | | | | |  |  |  |  Read the flight of the ball | | | |  |  |
|  | Play 2v2 | | | in | an 8x10 | yard | grid. Players | are |  Keep eye on the ball | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | restricted | | | to | their own | half | (4x10 yard grid). | |  Get in the line of flight of the | | | | |  |
|  | Each team protects the 10 yard line. Play starts | | | | | | | |  |
|  | ball |  |  |  |  |  |
|  | with one player tossing ball to his/her partner to | | | | | | | |  |  |  |  |  |
|  |  Lock neck and keep upper body | | | | |  |
|  | score from a header. If the soccer ball crosses | | | | | | | |  |
|  | rigid |  |  |  |  |  |
|  | the | | end line | | below the defenders’ shoulders, | | | |  |  |  |  |  |
|  |  Thrust forward from waist | | | |  |  |
|  | they scored | | | | a goal. | The | defenders act | as |  |  |
|  |  Direct ball down and with force | | | | |  |
|  | goalkeepers, guarding the end-line, using their | | | | | | | |  |
|  |  |  |  |  |  |  |
|  | hands to catch the ball. The process starts again. | | | | | | | |  |  |  |  |  |  |
|  | 1 point = Toss, header, goal | | | | | | |  |  |  |  |  |  |  |
|  | 3 points = Toss, header, header , goal (same | | | | | | | |  |  |  |  |  |  |
|  |  | team) | |  |  |  |  |  |  |  |  |  |  |  |
|  | 5 points = One team heads the ball and the | | | | | | | |  |  |  |  |  |  |
|  |  | defending team heads it back and scores | | | | | |  |  |  | **Time: 15 *minutes*** | | |  |
| **Exp. Small Sided Game** |  |  |  |  | **Organization** | | |  |  | **Coaching Pts.** | | |  |  |
|  | **3v3 Team Handball:** | | | | | |  |  |  Use arms for balance, protection | | | | |  |
|  | Organize players into teams of 3 or 4 players. | | | | | | | | and to create space | | |  |  |  |
|  | Set up a 20 yard x 25 yard rectangular field | | | | | | | |  Players should bend at the waist | | | | |  |
|  |  |  |  |  |  |  |  |  |  |
|  | with goals centrally located at each end. The 2 | | | | | | | | for maximum power | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | teams play this game by tossing the ball (with | | | | | | | |  Communicate and demand the | | | | |  |
|  | their hands) | | | | to their | teammates (similar to | | |  |
|  | ball |  |  |  |  |  |
|  | basketball). Players can only take a maximum | | | | | | | |  |  |  |  |  |
|  |  Area | of | contact | (striking | |  |
|  | of 3 steps with the ball, then they must pass | | | | | | | |  |
|  | surface) | |  |  |  |  |
|  | the ball to a teammate. Goals can only be | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |
|  | scored by heading the soccer ball after it has | | | | | | | |  |  |  |  |  |  |
|  | been thrown by a teammate. If the ball drops | | | | | | | |  |  |  |  |  |  |
|  | on the ground, possession goes to the other | | | | | | | |  |  |  |  |  |  |
|  | team | | |  |  |  |  |  |  |  | **Time: 20 *minutes*** | | |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **Game** |  |  |  |  | **Organization** | | |  |  | **Coaching Pts.** | | |  |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team | | | | | | |  |  All of the above | | |  |  |  |
| Next to you | | | | | |  |  |  |  | **Time: 30 minutes** | | |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | | | | | |  | | | | |  |
| **COOL DOWN** |  |  | Activities to reduce heart rate**,** static stretching & review session **–** **Time 10 min.** | | | | | | | | | | |  |

