**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.** |  |

