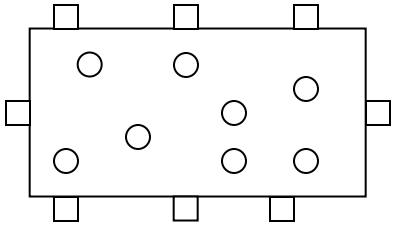
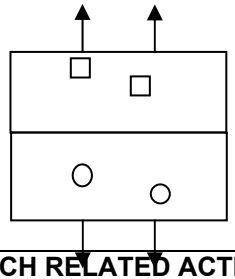
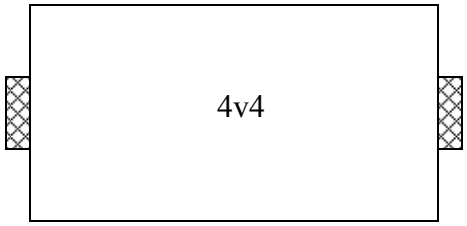
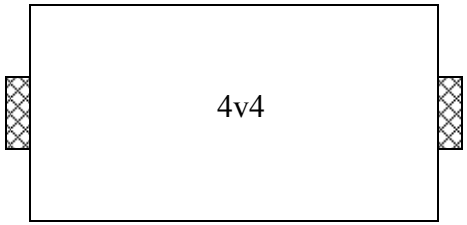
Name: Topic: Heading for attack Date:

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	▪ Set up a 25-x-35 yard grid ▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside ▪ Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player ▪ Stretch then switch inside/outside players	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Time jump to hit ball at highest point ▪ Lock neck and keep upper body rigid ▪ Thrust forward from waist ▪ Direct ball down and with force
MATCH RELATED ACTIVITY 	▪ Play 2v2 in a 14-x-10 yard grid ▪ Players are restricted to their own half ▪ Play starts with one person tossing ball up and heading to their partner who must either attempt to score on a header or head the ball back to their teammate who then must either score or pass back… ▪ When defense wins ball they score ▪ Play to three goals	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Time jump to hit ball at highest point ▪ Lock neck and keep upper body rigid ▪ Thrust forward from waist ▪ Direct ball down and with force
MATCH RELATED ACTIVITY 	▪ Play 4v4 (no GK) in a 36-x-44 yard area ▪ Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball ▪ Defenders not allowed in own 6 yard box and cannot disrupt thrown balls, only headed balls ▪ First team to five goals wins	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Time jump to hit ball at highest point ▪ Lock neck and keep upper body rigid ▪ Thrust forward from waist ▪ Direct ball down and with force
MATCH CONDITION GAME 	▪ Play 4v4 ▪ No restrictions on players ▪ Give extra points for goals scored by headers	▪ Observe to see if session has helped with heading