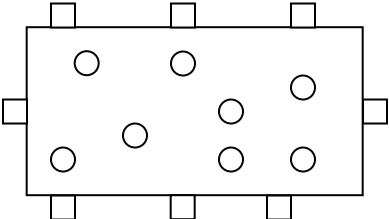
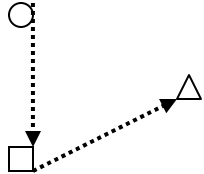
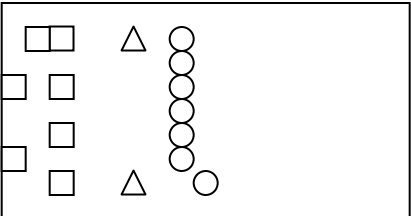
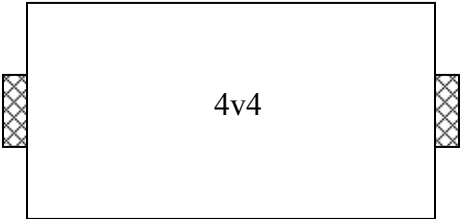




Name:

Topic: Heading for defense

Date:

| <p>FUNDAMENTAL – WARM UP</p>  | <p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ 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 | <p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ 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 high for time, wide for safety, and with power for distance |
|---|---|---|
| <p>MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> ▪ Circle tosses ball to square who must attempt to head ball high, wide, and with distance to triangle ▪ As soon as circle tosses ball they apply pressure ▪ Switch roles after five headers ▪ Circle starts off applying weak pressure and progresses to applying game pressure | <ul style="list-style-type: none"> ▪ 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 high for time, wide for safety, and with power for distance |
| <p>MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> ▪ Play 7v7 in a 60-x-20 yard area ▪ Two coaches serve as a net ▪ The net moves up and down the field at the spot at which a team was unable to return a ball ▪ One team starts by tossing ball up and heading over the net, other team has three touches to return ball over net ▪ Play until one team is driven to it's end line | <ul style="list-style-type: none"> ▪ 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 high for time, wide for safety, and with power for distance |
| <p>MATCH CONDITION GAME</p>  | <ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players ▪ Give points for goals scored as well as for defensively headed balls | <ul style="list-style-type: none"> ▪ Observe to see if session has helped with heading |