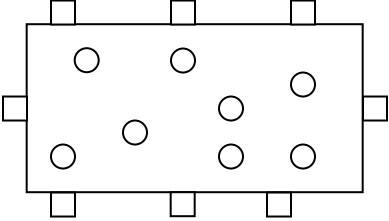
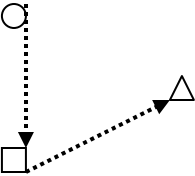
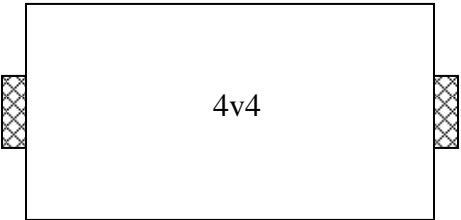
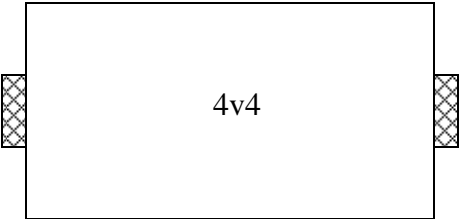




Name:

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 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 When team is defending they can get a point for heading the ball away from the attacking team; attacking team scores by heading the ball into the goal 	<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