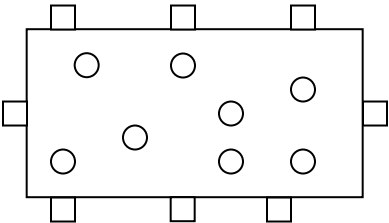
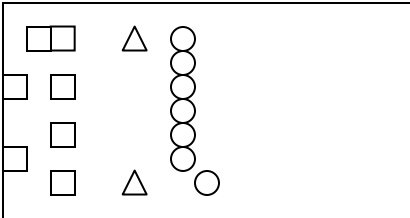
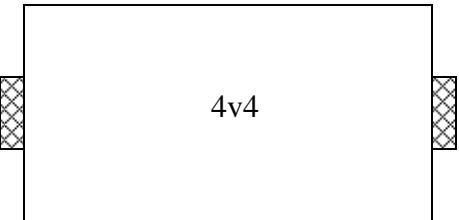
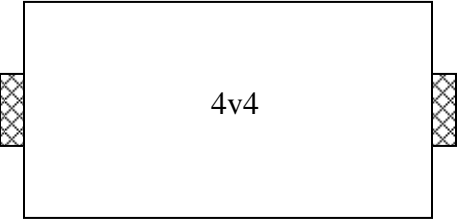




Name:

Topic: Heading for defense

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Set up a 25-x-35 yard grid</li> <li>Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player</li> <li>Stretch then switch inside/outside players</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball high for time, wide for safety, and with power for distance</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 7v7 in a 60-x-20 yard area</li> <li>Two coaches serve as a net</li> <li>The net moves up and down the field at the spot at which a team was unable to return a ball</li> <li>One team starts by tossing ball up and heading over the net, other team has three touches to return ball over net</li> <li>Play until one team is driven to its end line</li> </ul>	<ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball high for time, wide for safety, and with power for distance</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 (no GK) in a 36-x-44 yard area</li> <li>Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball</li> <li>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</li> </ul>	<ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball high for time, wide for safety, and with power for distance</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> <li>Give points for goals scored as well as for defensively headed balls</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with heading</li> </ul>