



Session: #8: Heading
Coach Name: Mike Smith

(Activities should be developmentally appropriate.)

<u>(WARM-UP)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
Pac Man	Each player starts in 20x30 grid (all balls in pile at side) Coach begins game by dribbling ball in grid If coach tags player, they have to go get a ball and join coach as a tagger Play til everyone has a ball. Repeat game twice	Dribbling skills Keeping head up and looking for defender(s) Keep moving, no standing or walking allowed
<u>INDIVIDUAL ACTIVITIES</u> Heading Technique from sitting	Each player gets a ball Try head juggling Then get a partner. Have one player sit down and lean back, hands off floor. Their partner throws ball underarm from 1-2 yards away so they can come forward and head back	Good technique of heading on forehead Sit back arms out to side, keep neck muscles stiff Move forward from waist (using core muscles) and thrust arms backwards for power to head through ball Meet ball as coming forward, keeping eyes open Practice timing
<u>SMALL GROUP ACTIVITIES</u> 1v1 Heading game	Pair players up and put a cone 5 yards from them They hold ball out at arms length, lean back and pull back against their forehead as their body comes forward Each player tries to head ball as close to the cone as possible. Play 5 rounds, closest ball scores a point Advance and try again with cone 10 yards away	Work on power and accuracy Keep feet and hips pointing towards the target Work on timing (connect ball as body is still coming forward) Minimal neck movement!
<u>LARGE GROUP ACTIVITIES</u> 2v2 Heading Game	Play 2v2 in a 10 yard square Pair with ball try to head it back and forth until one of them can head it toward the other team's endline The defending pair must stay on their line and play goalkeepers Once ball drops or is headed goalwards, goalkeepers become attackers and head it to each other trying to score. Play rounds of 2 minutes Advance game by not allowing defenders to use hands!	Accurate heading and receiving Quick and light footwork to get under ball Communication Try different attacking headers... maybe even diving Maybe have players try for fun!
<u>THE GAME</u> 6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)	Appropriate sized field and goals for league play Regularly switch goalkeeper and field positions	Stop and make relevant points for first few minutes, then... Let kids play uninterrupted!
<u>COOL DOWN</u>		