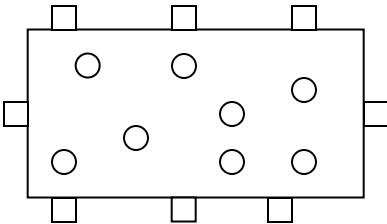
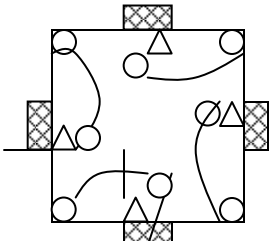
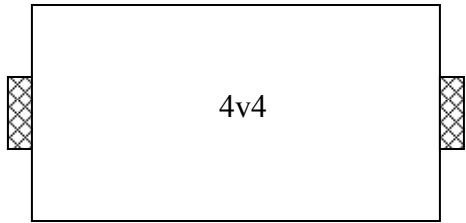
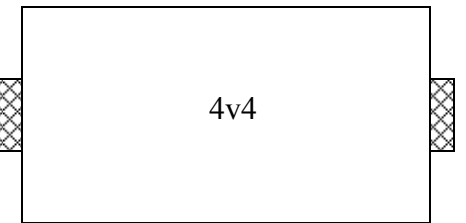




Name:

Topic: Heading for attack

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 down and with force
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Four goals are placed in a square facing a 40-x-40 yard area Each goal has a server, attacker, and goalkeeper Server plays ball to attacker who tries to score on a header Switch roles after 4 minutes 	<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 down and with force
<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 Defenders not allowed in own 6 yard box and cannot disrupt thrown balls, only headed balls First team to five goals wins 	<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 down and with force
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 No restrictions on players Give extra points for goals scored by headers 	<ul style="list-style-type: none"> Observe to see if session has helped with heading