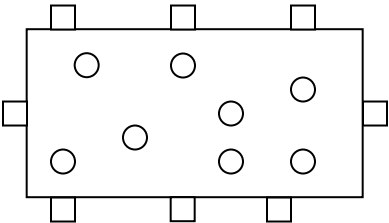
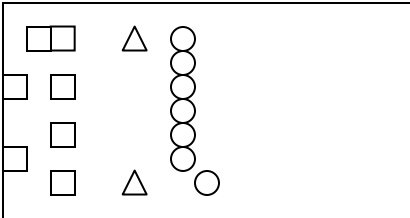
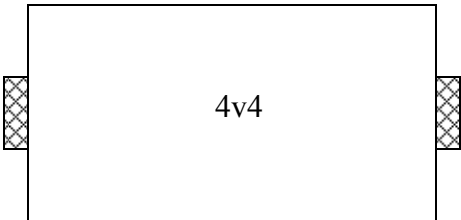
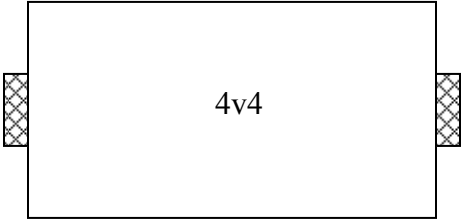




Name:

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"> 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 its 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 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