

Heading Activity Collection

Date : 26/Sep/2014

Duration : N/A

Session

Heading Technique/Confidence-

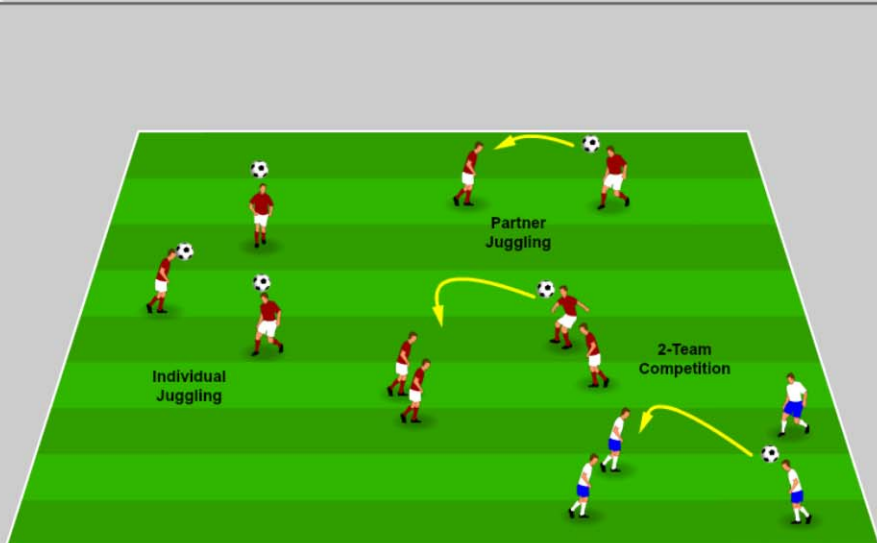
Time : N/A

Age/Level : U11 - U18

Objective:

Passing, Attacking, Defending

Head Only Juggling Warmup



Description :

Head only juggling - ball starts from hands

- 1) Individual juggling - each player has a ball, how many head juggles in a row can you do, call out your personal best and try to beat it as many times as possible
- 2) Partner juggling - one ball per pair, must alternate head juggling touches between players - how many can you do, call out pair best and try to beat as many times as possible
- 3) Team juggling - 2 teams, must head in order, what is most in the row you can get as team

Coaching Points :

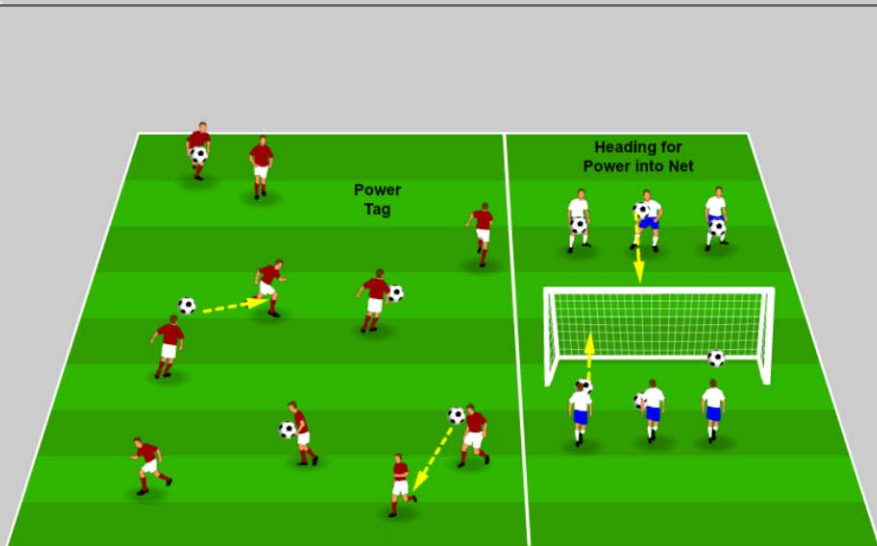
Eyes open - Mouth closed - Contact ball at hairline

Knees bent and relaxed body position

Attack the ball - don't let it attack you

Team juggling competition - encourage players to come up with creative solutions on their own as to how to best accomplish

Heading for Power - Into Net and Tag



Description :

- 1) Into Net - each player with a ball in hands facing a goal, hold ball in front of head with both arms fully extended and back arched, pull ball back towards head at speed and simultaneously drive head through ball to head ball with as much power as you can into net
- 2) Tag - players in a grid, half of the players with a ball are it, tag a player without a ball by using the power header technique above to hit them anywhere except in the head

Coaching Points :

Eyes open - Mouth closed - Contact ball at hairline

Knees bent and back arched to prepare the body to drive through the ball and generate power

Time throw of the ball with driving head/body forward to maximize power generated

The faster you the ball towards your head, the more powerfully you can head the ball

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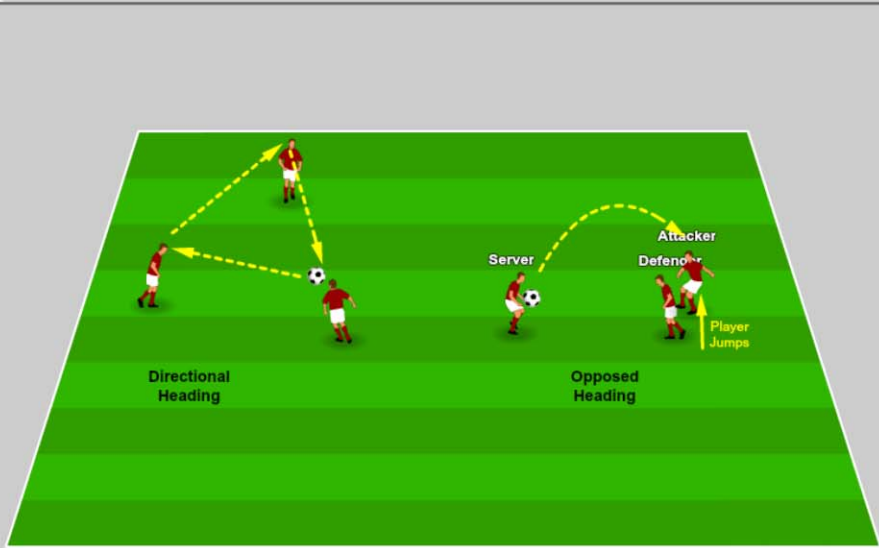
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Heading in Threes - Directional and Opposed



Description :

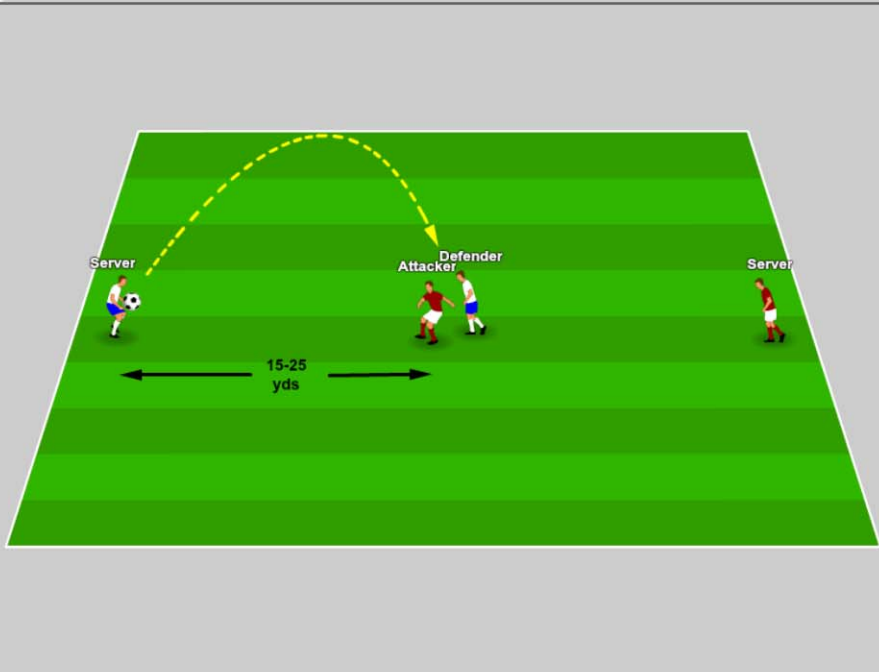
- 1) Directional - three players from a triangle, 1st player serves ball with hands to player to their left who heads on to next player in triangle, how many in a row can you do, call out personal best and beat it as many times as you can (go clockwise and counter-clockwise)
- 2) Opposed- ball served from hands to attacker who stands behind a defender, attacker must jump over defender and head back to server. Defender variations: a) passive - defender still, b) defender dummy jumps as ball arrives, c) shoulder-to-shoulder with both players live

Coaching Points :

Eyes open - Mouth closed - Contact ball at hairline
Directional-open body shape, use neck to attack ball and direct/angle pass to teammate, head through the center of the ball

Opposed- Knees bent with arms out to protect space (and head) and for balance/power
Jump up to attack the ball at its highest point and drive down to server - don't let it attack you

Heading in Fours - Playing Goalkicks, Punts or Defensive Clearances



Description :

- *One attacker and one defender paired up between 2 servers who are 15-25 yards away
- *Server delivers ball high in air above the attacker-defender pair (begin with service delivered from hands, then delivered with volley from hands and then by service from the ground)
- *Each tries to score point by getting the ball moving in the direction of their server teammate
- Variation: play with two pairs - and players who aren't challenging for the header get underneath their teammates to cover and in a position to play the knockdown forward

Coaching Points :

- *Eyes open - Mouth closed - Contact ball at hairline
- *Knees bent with arms out to protect space (and head) and for balance/power
- *Defender-Drop step and then jump to attack the ball at its highest point and drive ball back towards server (your goal)
- *Attacker-post-up and make sure the ball gets moved on, don't let the defender get at the ball (you might not even need to touch the ball)

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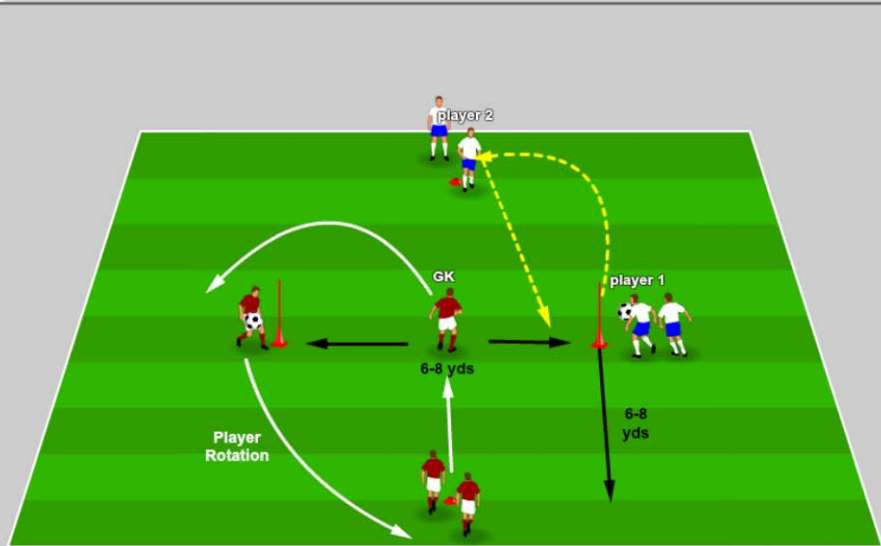
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Objective:

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Attacking Headers to Beat Goalkeeper



Description :

Heading to beat GK and score on cone goal - GK may only defend on line between cones
 *Player 1 serves ball from hands to Player 2 who tries to beat GK with header to score in the goal (scoring variations: below top of posts, below GK shoulders, below GK waist)
 *Player rotation - shooter becomes GK, GK becomes server and server becomes shooter
 Variation: only rotate team goalkeepers through that role

Coaching Points :

*Eyes open *Mouth closed *Contact ball at hairline
 *Attacking headers should be directed low by heading the top half of the ball – best place to beat the GK is a shot that bounces very close to the goal line (most difficult save)
 *Attacking ball to generate power (encourage diving headers when appropriate)
 *Location of service to set up header - out in front of attacker *Directional heading with neck

Soccer Volleyball - Defensive Heading



Description :

2 equal sized teams- coach starts at middle of field with 2 end zones - serves ball into 1 team in air with hands
 *Team must head ball over opposing team so that it lands in opposite endzone for score
 *Net is where coach is - if a team doesn't get a header across net, coach moves net where the ball lands
 *Unlimited headers on your side of the net
 *Players have to stay on their side of the net and can't defend inside end zones

Coaching Points :

*Eyes open *Mouth closed *Contact ball at hairline
 *Drive through bottom of the ball to head the ball high and far on a defensive header
 *Drop step and attack the ball moving forward to generate momentum, power and distance
 *Recognize when to use a header pass to a teammate who is better prepared to drive a header for distance to score