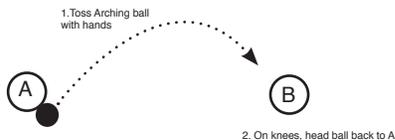
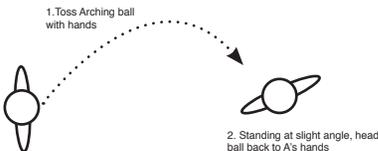
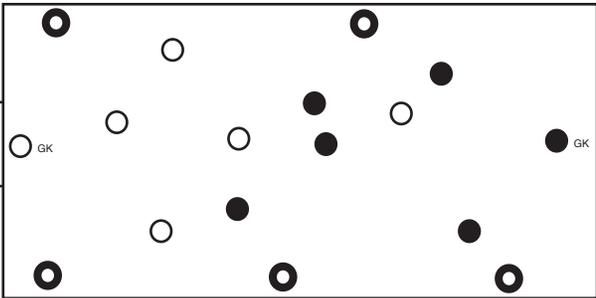


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| <p><b>Fundamental - Warm Up (15 min)</b></p>  <p>1. Toss Arching ball with hands</p> <p>2. On knees, head ball back to A</p>                          | <p><b>Organization</b></p> <ul style="list-style-type: none"> <li>» Players pair up. Pass ball back and forth to warm up. Make sure they move around the space. Stretch as they warm up. No standing still.</li> <li>» 15 minutes. Keep players in pairs. Move pairs across from one another - about 10 feet. Player (A) stands with ball in hands, player (B) gets on their knees. (A) tosses a low arching ball to (B). (B) heads the ball back to (A). (B) should have hands in fists up and into the body near shoulders. When striking the ball, ball should hit just below hairline - (B) needs to tighten neck muscles and lunge forward to make contact with ball.</li> </ul> | <p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• (A) - good arching ball so (B) makes contact</li> <li>• (B) - proper technique (Hands up in fists near shoulders, neck muscles tightened, ball hits just below hairline.) (B) should not fall forward. Head the ball forward and down slightly.</li> <li>• Let the heading player get comfortable.</li> <li>• Do 10 headballs each for 6 sets. More or less depending on time.</li> <li>• Be sure to correct improper technique early</li> </ul> |
| <p><b>Match Related Activity (20 min)</b></p>  <p>1. Toss Arching ball with hands</p> <p>2. Standing at slight angle, head ball back to A's hands</p> | <ul style="list-style-type: none"> <li>» 5 minute demo. Coach demonstrate proper heading technique while standing. Head the ball back to standing partner (to their hands).</li> <li>» 15 minutes. Keep players in pairs about 10 feet apart. Both players standing. Heading player is slightly turned and in position to head the ball. One tosses to the other, head ball back to hands of tosser. After players look comfortable throw the balls higher to make the heading player jump to head the ball.</li> </ul>                                                                                                                                                               | <ul style="list-style-type: none"> <li>• Heading player works on technique.</li> <li>• Solid heading pass back to tosser's hands. Out in front of the tosser.</li> <li>• Do 10 headballs each for 6 sets. More or less depending on time.</li> <li>• Be sure to correct improper technique early</li> <li>• Have player toss the ball higher to make header jump to head the ball successfully</li> </ul>                                                                                                                   |
| <p><b>Match Condition Activity (25 min)</b></p>                                                                                                     | <ul style="list-style-type: none"> <li>» 2 minutes. Make teams of 5 (include gk's in goal). Ideal to have 3 teams for this. Use 2 large goals and 1/4 to half field playing space. Start team 1 and 2 on the field. Team 3 is broken into 2 and spread out on touch lines on both sides. Team 3 cannot be touched when they have the ball.</li> <li>» 23 minutes. Teams 1 and 2 can pass to Team 3. Team 3 move the ball up the side line and crosses in front of the goal or can pass to another team member.</li> </ul>                                                                                                                                                             | <ul style="list-style-type: none"> <li>• Main idea is to get players spreading out and using the width of the field.</li> <li>• Sideline team should try to cross the ball in front of the goal for someone to take a shot.</li> <li>• As the players try for more headballs, stop for a minute and demonstrate the offensive head-ball technique, which is heading the ball down and towards the goal.</li> </ul>                                                                                                          |
| <p><b>Match Condition Activity (30 min)</b><br/>Play a game!!</p>                                                                                                                                                                      | <ul style="list-style-type: none"> <li>» Split up players into 2 teams (or 3) and play for the rest of the time. Team 3 comes on when a team scores, etc.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <ul style="list-style-type: none"> <li>• Let them play. Use "FREEZE" to stop play to point out something to fix or demonstrate. Only stop a couple times at this phase of the session.</li> </ul>                                                                                                                                                                                                                                                                                                                           |