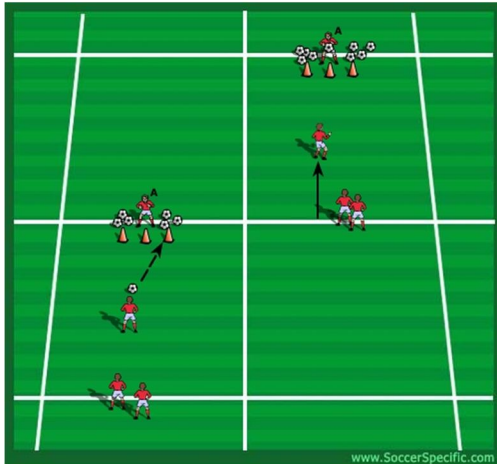




## U13 Session Plan #7

### Heading



#### **ACTIVITY #1**

**Emphasis:** Developing the basic technique for attacking (downward) headers.

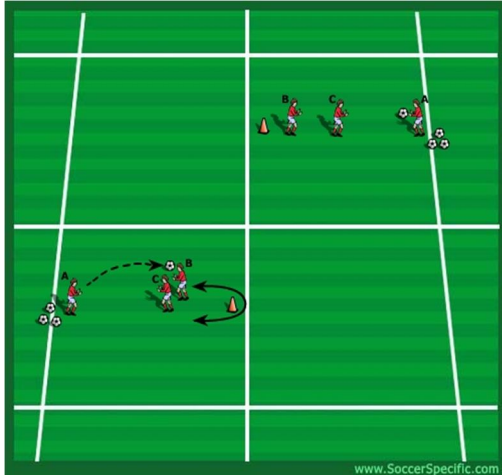
**Set-up:** 10 x 10 yard grid. Four players per grid. One player (A) is positioned at the end of the grid and acts as a server. The remaining three players are positioned at the opposite end of the grid as shown. A supply of balls is placed next to server (A). Three cones are placed slightly in front of server (A).

**Objective:** Server (A) tosses the ball into the air for the first player in line to attack with a header. Players must attempt to direct the header down towards the cones in front of server (A). Points are awarded for successfully knocking over a cone. The next player in line immediately repeats the sequence. Rotate the server after a designated period of time.

**Progression:** Players must jump to head the ball.

**Coaching Points:**

- Arch your back and explode forward.
- Use the arms to generate more power.
- Get above the ball to head it in a downward direction.
- Use the forehead.



#### **ACTIVITY #2**

**Emphasis:** Jumping up and over an opponent to challenge for an aerial ball.

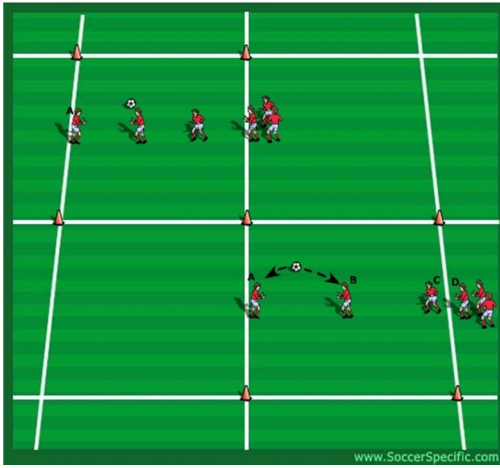
**Set-up:** 10 x 10 yard grid. Three players per grid. Player (A) is positioned at the end of the grid and acts as a server. Player (B) is positioned next to a cone at the opposite end of the grid. Player (C) is positioned in the center of the grid as shown. A supply of balls is placed next to server (A).

**Objective:** Server (A) tosses the ball into the air just over the shoulder of player (C). Player (B) must run from the cone and attack the ball with his head. Points are awarded for successfully heading the ball back into player (A's) arms. Player (B) must run around the cone before repeating the sequence. Rotate the players after a designated number of repetitions.

**Progression:** Create a competitive environment – which group can get the most headers in 30 seconds?

**Coaching Points:**

- Arch your back and explode forward.
- Use the arms to help you climb and generate more power.
- Time the jump to head the ball at your highest point.
- Contact with player (C) will aid in climbing higher.
- Use the forehead.
- Keep eyes open at all times.



### **ACTIVITY #3**

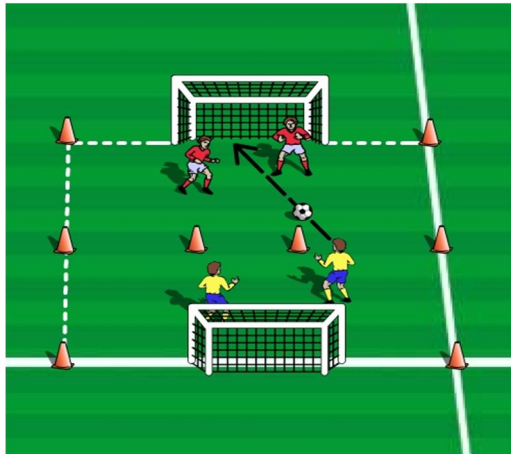
**Emphasis:** Correct mechanics of heading the ball.

**Set-up:** 10 x 10 yard grid. Six players per grid. Player (A) is positioned at the end of the grid and acts as a server. The remaining five players are positioned in line at the opposite end of the grid as shown. A supply of balls is placed next to player (A).

**Objective:** The first player in line (B) jogs towards server (A). Server (A) tosses the ball into the air for (B) to head. Player (B) must head the ball back to (A). Player (A) must now head the ball to oncoming player (C). Players must time their run to arrive as the ball arrives. After heading the ball players return to the back of the line. The idea is to keep the ball up continuously with headers for the designated period of time. The first group to accomplish 10 consecutive headers wins. Rotate the server after each round of play.

**Coaching Points:**

- Cushion the header and direct it towards the target.
- Adjust your feet to get under the ball.
- Use the forehead.
- Keep eyes open at all times.
- Try to maintain a rhythm with the exercise



### **GAME**

**Emphasis:** Heading in a competitive small group environment

**Set-up:** 14x10 yard grid with two mini-goals placed as shown (flags can be used if goals are not available). Divide the grid in half using cones. A pair of players starts on each side of the grid. Place all extra balls in the goals.

**Objective:** The play starts with the deeper of the two players throwing the ball up to him/herself and either heading it to their partner or the opponent's goal. The defending pair cannot use their hands to prevent the goal. The only way to score is with a header. If a goal is scored or the ball hits the ground, a new ball is served from the hands by the deeper of the two players. The first team to 5 goals wins the game.

**Progression:** Increase size of grid.

**Coaching Points:**

- Must communicate with your partner.
- Stay on the balls of your feet.
- Use your forehead.
- Use your arms to generate more powerful headers

## **ADDITIONAL NOTES**