



# Kentucky Youth Soccer Association

## Coach Education Lesson Plan

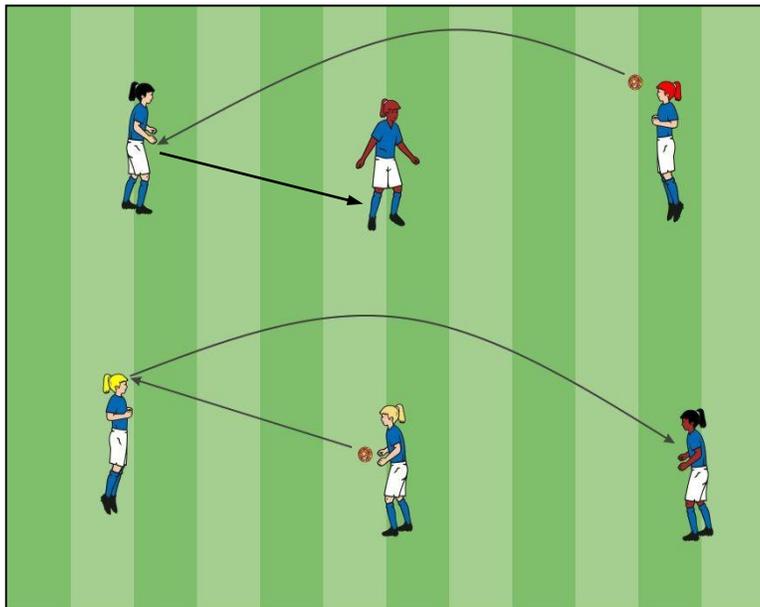
### Adrian Parrish: Technical Director

#### Topic: Defending Crosses - Heading



#### Training Objectives:

To primarily help the defensive back line and defensive midfielder deal with clearing crosses in and around their 18-yard box. Introduce the proper technique of heading the ball away from danger and to try and create the counter attack. Lesson plan is for players 12 and older.

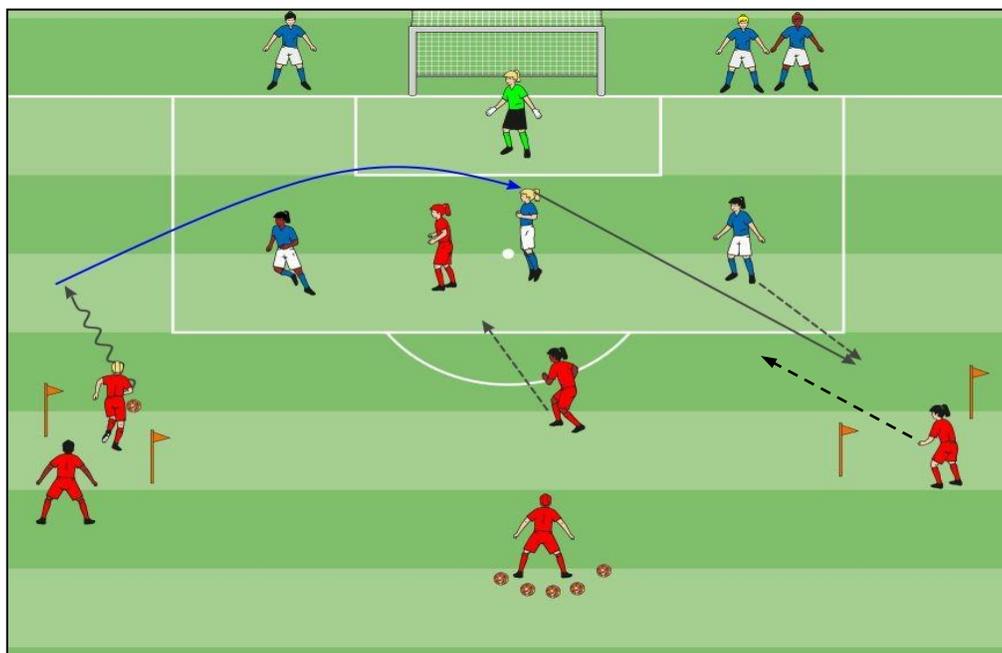


#### Organization

Place the players into groups of 3, with one ball per group. Place the players about 5 to 8 yards apart, with one player in the middle starting with the ball. The player in the middle tosses the ball up for their teammate to head over their head. The receiving player controls the ball and passes it back to the server. Server then tosses it back to that player who attempts to head the ball back to the player that first headed the ball. Rotate server after 30 seconds. To ease the players into the activity you can have them toss the ball up to themselves to head over the middle player.

#### Coaching Points

Get in line with the flight of the ball and keep your eye on the middle of the ball. Have a slight sideways stance and bend the knees. Connect through the middle of the ball using the forehead, push through using the legs, upper torso and neck for power. Lift up arms and use them to thrust forward.



#### Organization

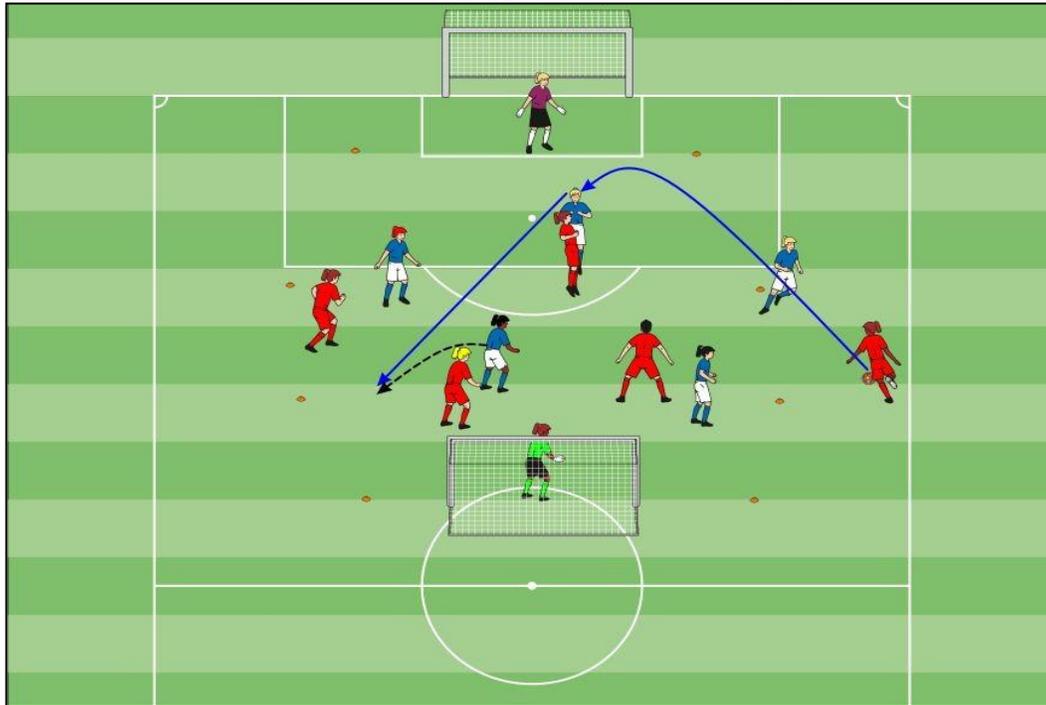
4 attackers versus 3 Defenders and a Goalkeeper. Area is 50 yards wide x 36 yards. Ball is fed out to a wide attacker who can either cross the ball early or attack the defender before crossing into the box. Defenders defend the ball and try to score in one of the two counter goals. If the ball is headed directly into a counter goal it is worth three points. Attacking team scores on the big goal.

#### Coaching Points

Body position needs to be open to see both the player serving the ball and the other attackers. Get body in front of the attacker (be on the front foot). Watch the flight of the ball. Clear the ball away to the sides. If Heading, connect through the middle/bottom of the ball, use the arms to elevate as you jump and thrust the body. Move up as the ball is cleared.



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**Organization**

6v6 including keepers on a 40 yard (long) x 50 yard (wide) field. Place arced channels on the outside, there are no restrictions on the channels but any goal that is scored directly from a cross is worth two. This is to try and help encourage teams to get it wide and cross the ball in to the box. Normal soccer rules, including offside and corners.

**Coaching Points**

Tracking of runners getting in front of the attacker. Be first to the ball, if you can't be first, jump on ariel crosses to put off the attacker.



**Organization**

9v9 including all FIFA rules. Team that you are coaching plays in a 1-3-2-3 versus a 1-2-3-3. Encourage the team you are playing to get wide and deliver crosses. Game is played with no restrictions or rewards.

**Coaching Points**

As previously mentioned in Stages I thru III. Allow players to play and make decisions for themselves.

**Guided Questions For Players**

- What must you do to make sure you are first to the ball?
- Where do you try to clear the ball?
- What do you do once the ball is cleared?

**Answers**

- Get in front of the attacker and block their path to goal
- Wide and away from the goal
- Move up with the ball