



Kentucky Youth Soccer Association

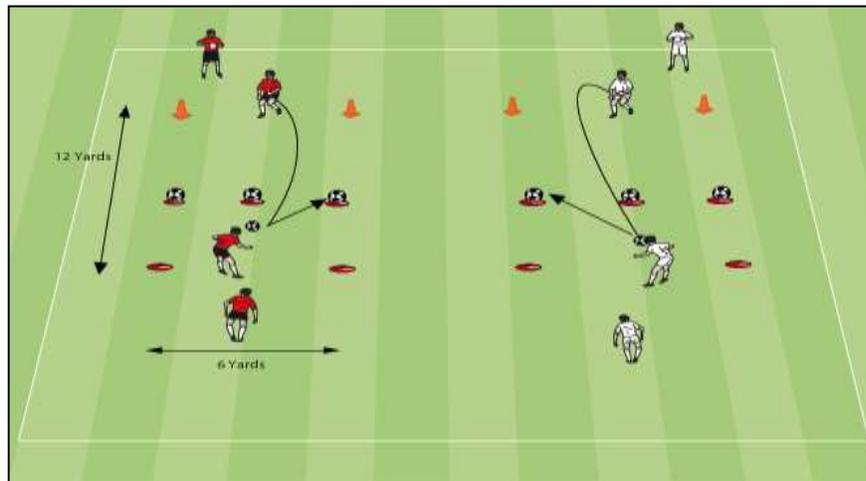
Coach Education Lesson Plan

Adrian Parrish: Technical Director

Topic: Improve the players ability to score with Headers

Training Objectives:

To primarily help the attacking players to improve the technique of heading the ball when in goal scoring opportunities. Working on the timing of the runs to meet the ball as it is being delivered into the penalty area so players can use their heads to score goals.



Duration: 10 Min **Activity Intensity: Low** **Repetitions: 30** **Activity Time: 15 secs** **Recovery : 10 secs**

Organization

Place the group in to teams of 4/6 players. Three soccer balls are placed on three discs in the middle of 12 yards by 6 yard grid. Server stands on one end and the receiving players opposite. Server throws the ball in for the attacker to move forward and try and head the ball and knock on of the three balls off the cones. Servers and attackers switch after each rotation. First team to knock all three off wins the game.

Coaching Points

Service has to be straight. Keep eyes on the ball; connect with the forehead, lean back and push forward using the neck/shoulder and back muscles.



Duration: 15 Min **Activity Intensity: Medium** **Repetitions: 3** **Activity Time: 2 min** **Recovery: 1 min**

Organization

Players are placed into pairs. Two large goals are on the end of a 25 yard x 22 yard grid with a keeper in each. A server is placed on each post and two players in the middle. The first player goes to each server to try and score on the goal, defender marks them and tries to stop them from scoring. After four attempts they switch roles. Keepers cannot defend the service. Keep score of who scores the most.

Coaching Points

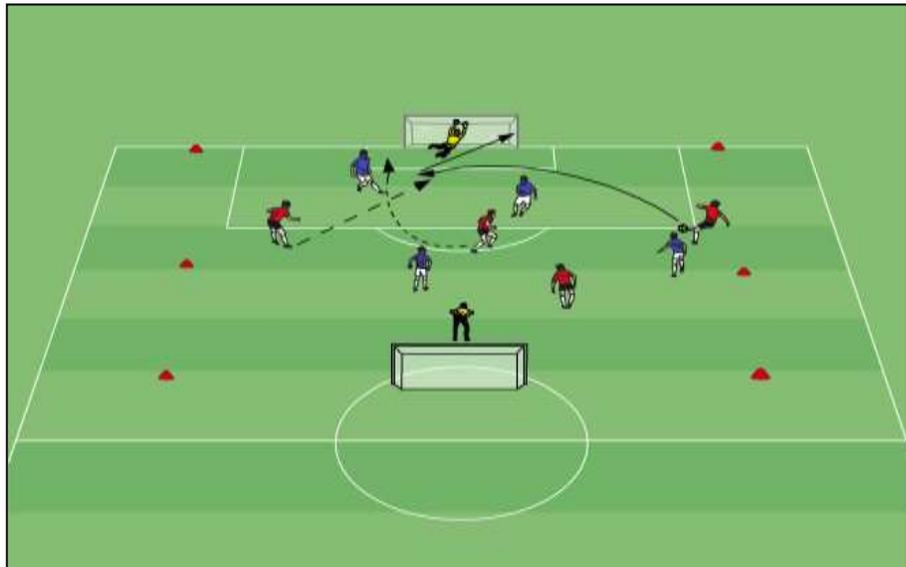
Movement to create time and space by the attacking player. Eye contact with the server, attack the ball with speed. Hit through the middle/top of the ball to try and make it go downwards



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Duration: 15 Min

Activity Intensity: High

Repetitions: 3

Activity Time: 2 min

Recovery: 1.5 min

Organization

5v5 including keepers on a 40 yard (long) x 46 yard (wide) field. Play normal soccer rules including offside, corners and throw-ins. Any goal that is scored by a header is 3 points, encourage early delivery. Teams play in a 1-1-3 Formation.

Coaching Points

Timing of the run - don't go too early and be ahead of the ball. Movement to lose the defender, get body in front of them and use upper body to make yourself big.



Duration: 20 Min

Activity Intensity: Medium

Repetitions: 2

Activity Time: 10 min

Recovery: 2 min

Organization

7v7 including all FIFA rules. Team that you are coaching plays in a 1-2-1-3 versus a 1-3-1-2. 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.