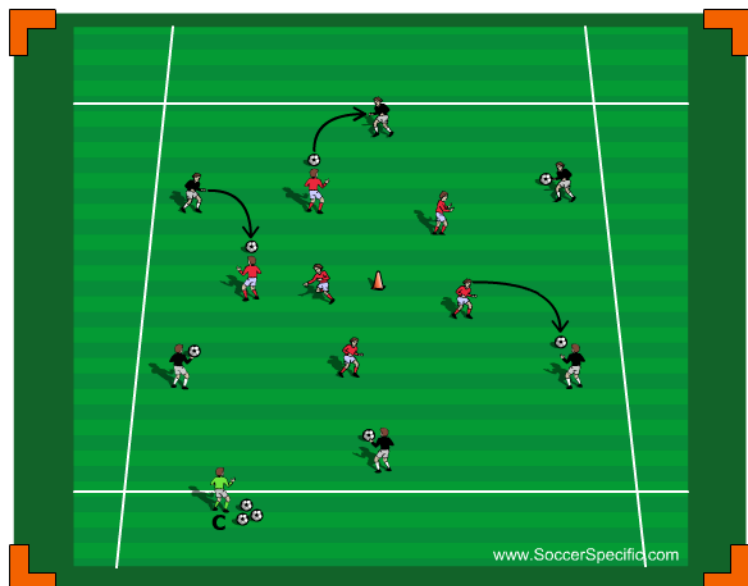


ACTIVITY #1

Set up: Phase I: in pairs (server and header), one ball between two. Phase II: groups of three (two servers and one header), one ball between three.

Instructions: Phase I: Player A serves the ball to player B who heads the ball back. Progress by receiving and heading balls while in the air. Partners head the ball back and forth as long as possible. Phase II: Player A serves the ball to player B who redirects a header to player C, repeat opposite direction. Progress by checking away and receiving and heading balls while in the air. Rotate players after 8-10 repetitions.

Coaching Points: Body mechanics, shape and balance. Eye on the ball, read the flight of the ball, body in line of flight with the ball. Use the forehead for power and direction. Utilize upper body and legs to generate power.

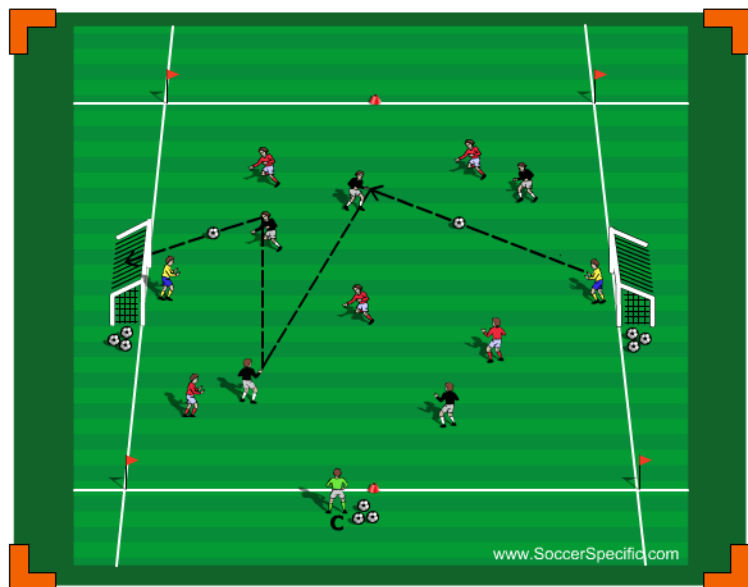


ACTIVITY #2

Set up: Organize players in a large circle with one cone placed in the center. Position half of the players on the outside with a ball and half on the inside. The outside players are servers, inside players head the ball back to the server, check to the center cone, and then show to receive a ball from another outside server.

Instructions: Progressions include receiving and heading the ball with your feet on the ground, and then heading the ball while in the air. Two variations: 1. the inside players juggle the ball with their head on the first touch and then head it back. 2. the inside players head the ball back and forth with the server before checking to the cone. Rotate players every 1-2 minutes.

Coaching Points: Body mechanics, shape and balance. Eye on the ball, read the flight of the ball, body in line of flight with the ball. Use the forehead for power and direction. Utilize upper body and legs to generate power.

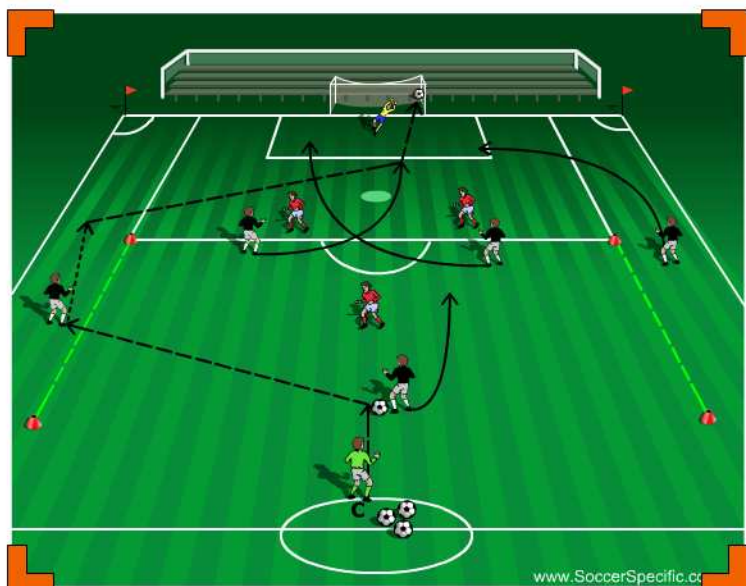


ACTIVITY #3

Set up: Team Headball. 6 v 6 (5 field players plus 1 goalkeeper per team) in a 40 x 40 area with two large goals.

Instructions: Play is directional, and begins with one of the goalkeepers. Players may take 3-4 steps before throwing the ball to a teammate. Players are not allowed to throw the ball into the goal, they must head the ball to score. If the ball is dropped or hits the ground, the opposing team gets the ball. Three variations: 1. passing sequence progresses to throw-head-catch. 2. Utilize a center line (see cones) and all players must be in the attacking half to score. 3. Add a goal box or half circle in front of each goal and reward 2 points for goals scored outside the area.

Coaching Points: Body mechanics, shape and balance. Starting position and timing of run as the ball travels. Assess the flight of the ball. Know where the goal is at all times. Head the ball down and at angles away from the goalkeeper.



ACTIVITY #4

Set up: 5 v 4 (includes the goalkeeper) in the final third of the field - approximately 40 x 70 (full width). Resting players rotate into attacking and defending positions every 2-4 repetitions.

Instructions: Coach begins by passing a ball to the central midfielder, who then passes to one of the wide midfielder players in the neutral zone. The wide midfielder player then penetrates on a dribble and crosses the ball for one of the forwards or trailing midfielders making near, central and farpost runs into the box (as shown). Play resumes with a repetition the opposite direction. Progress by adding another central midfielder player and two outside defenders creating a 6 v 6 (including the goalkeeper).

Coaching Points: Starting positions and proper timing of runs into the near, central and far post spaces. Assess the flight of the ball. Know where the goal is. Challenge every ball. Angled and accurate headers away from the goalkeeper.



ACTIVITY #5

Set up: 6 v 6 game (includes the goalkeepers) in the final third of the field - approximately 40 x 70 (full width). Rotate resting players or a third team accordingly.

Instructions: Teams begin play 6 v 6 with special rules. Rule 1: all goals scored off headers are worth 2 points, all other goals are worth 1. Rule 2: all throw-ins in the teams defending half of the field are taken as free-kicks from the touch-line and must be played directly into the box; all throw-ins in the teams attacking half of the field are taken as corner kicks and must be played directly into the box to encourage heading. Remove rules, final game, regular rules of soccer apply.

Coaching Points: All of the above. Coach within the game. Brief review of session. Reinforce objectives and coaching points.