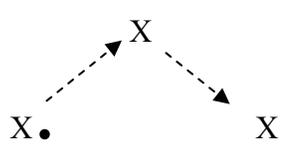
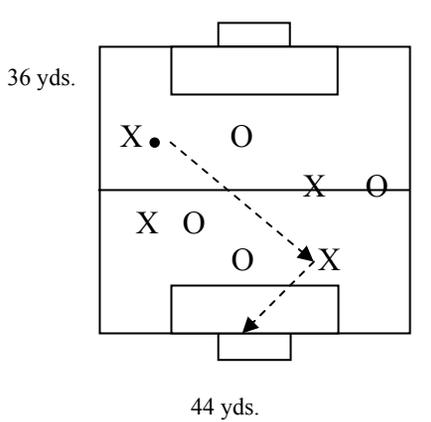
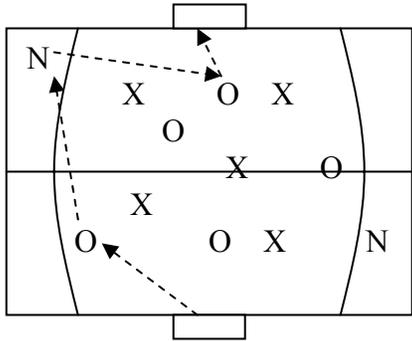
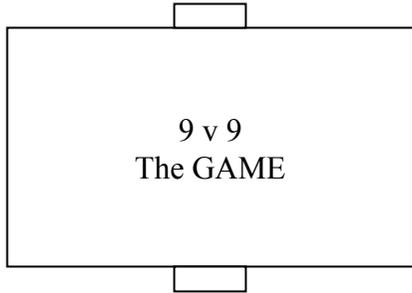


Topic: **Heading to Score**

Organization	Variations/Principles	Diagram	Coaching Points
Fundamental			
<p>[Attacking] heading work in pairs (server and header), one ball between two.</p> <p>[Attacking] heading work in groups of three (two servers and one header), one ball between three. Stretch.</p>	<p>Phase I:</p> <ul style="list-style-type: none"> Start about 5 yards apart. Check away, return and head ball from server. Focus on top 1/2 of the ball and head the ball “down”. Rotate every 8-10. Rotate and repeat. <p>Phase II:</p> <ul style="list-style-type: none"> Check away, return and head ball to opposite server. Focus on redirecting the ball down and at an angle. Rotate and repeat. 	<p>1.</p>  <p>2.</p> 	<ul style="list-style-type: none"> ✓ Body mechanics, shape and balance ✓ Eye on the ball – read the flight of the ball ✓ Use the Forehead for power and direction ✓ Body in line of flight with the ball ✓ Upper body and legs to generate power
Match Related I			
<p>Team handball and heading game. 4 v 4 with goalkeepers to two large goals (36 x 44 area or as needed). Begin with two teams playing 4 v 4 passing the ball with their hands. Goals may only be scored by heading the ball from a throw [pass] from a teammate.</p>	<ul style="list-style-type: none"> Begin with no goalkeepers. Each player must be prepared to stop the headers from the opposition. Add goalkeepers after time. Use the center line. All players on the [attacking] team must be in the attacking half to score a goal. Add a goal box or circle to the exercise. Any goals scored outside of the goal box or circles are worth double. This progression develops power and can be used without goalkeepers to begin. 		<ul style="list-style-type: none"> ✓ Timing of jump to attack ball at your highest point ✓ Adjust starting position as ball travels ✓ Assess flight of the ball (i.e., low, driven or flighted) ✓ Always know where the goal is and follow the ball with your eyes after heading it ✓ Head balls down and at angles away from the goalkeeper

Topic: **Heading to Score**

Match Related II			
<p>5 v 5 + 2 with goalkeepers to two large goals (40 x 70, with “free” bending outside channels, full width). Neutral wide players play for team in possession and vary service (i.e., driven, bending or flighted balls).</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ Neutral players play unopposed in the “free” channels to insure quality crossing opportunities. ▪ Progress by allowing one defender to pressure the outside flank player once a ball is played into the channel. ▪ Award goals accordingly: three for a header, two for a volley and one for a shot during the run of play. 	<p>40 x 70 (Full Width)</p> 	<ul style="list-style-type: none"> ✓ Tactical application of technique: <ul style="list-style-type: none"> ▪ Direct ball on target (goal) ▪ Teammate ▪ Path of teammate ▪ Deflect ball toward target ✓ Aggressive and positive mentality toward goal ✓ Timing and angle of runs
Match Condition			
<p>8 v 8 with goalkeepers to two large goals (¾ field, full width and length).</p>	<ul style="list-style-type: none"> ▪ Possible formation 3:3:2 ▪ No restrictions 	<p>¾ Field</p> 	<ul style="list-style-type: none"> ✓ Coach within the game ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session