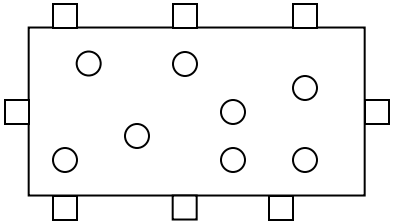
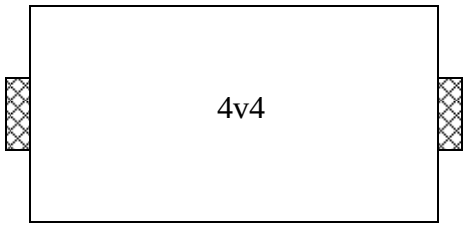
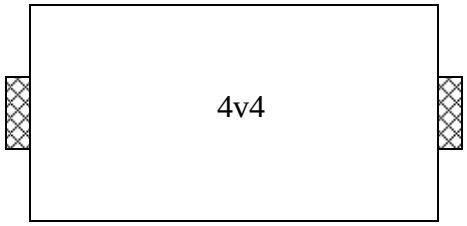
Name: Matt Callahan Topic: Heading for defense Date:

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	▪ Set up a 25-x-35 yard grid ▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside ▪ Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player ▪ Stretch then switch inside/outside players	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Time jump to hit ball at highest point ▪ Lock neck and keep upper body rigid ▪ Thrust forward from waist ▪ Direct ball high for time, wide for safety, and with power for distance
MATCH RELATED ACTIVITY	▪ Circle tosses ball to square who must attempt to head ball high, wide, and with distance to triangle ▪ As soon as circle tosses ball they apply pressure ▪ Switch roles after five headers ▪ Circle starts off applying weak pressure and progresses to applying game pressure	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Time jump to hit ball at highest point ▪ Lock neck and keep upper body rigid ▪ Thrust forward from waist ▪ Direct ball high for time, wide for safety, and with power for distance
MATCH RELATED ACTIVITY 	▪ Play 4v4 (no GK) in a 36-x-44 yard area ▪ Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball ▪ When team is defending they can get a point for heading the ball away from the attacking team; attacking team scores by heading the ball into the goal	▪ Read the flight of the ball ▪ Keep eye on the ball ▪ Get in the line of flight of the ball ▪ Time jump to hit ball at highest point ▪ Lock neck and keep upper body rigid ▪ Thrust forward from waist ▪ Direct ball high for time, wide for safety, and with power for distance
MATCH CONDITION GAME 	▪ Play 4v4 ▪ No restrictions on players ▪ Give points for goals scored as well as for defensively headed balls	▪ Observe to see if session has helped with heading