



2011 - U10 - Lesson Plan - Week 3

Topic: Heading

Objective: To teach players the technical points of heading a soccer ball.

Technical Warm up	Organization	Coaching Pts.
	<p><u>Heading Introduction(15 min):</u> Team is divided into two players with a single ball. Step 1: Player heads ball to teammate from his/her own hands Step 2: Player serves ball to him/herself and heads ball to teammate Step 3: Players serve balls to each other for return head ball Step 4: In small groups, players try to keep ball up with head juggling</p>	<p>Eye on the ball; read the flight of the ball Contact the ball with the upper half of the forehead, NOT TOP OF HEAD Body mechanics, shape and balance</p> <p style="text-align: right;">Time: 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p><u>Head Wars -2v2:</u> Play 2v2 in an 8x10 yard grid. Players are restricted to their own half (4x10 yard grid). Each team protects the 10 yard line. Play starts with one player tossing ball to his/her partner to score from a header. If the soccer ball crosses the end line below the defenders' shoulders they scored a goal. The defenders act as goalkeepers, guarding the end-line, using their hands to catch the ball. The process starts again. 1 point = Toss, header, goal 3 points = Toss, header, header , goal (same team) 5 points = One team heads the ball and the defending team heads it back and scores</p>	<p>Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force</p> <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><u>3v3 Team Handball:</u> Organize players into teams of 3 or 4 players. Set up a 20 yard x 25 yard rectangular field with goals centrally located at each end. The 2 teams play this game by tossing the ball (with their hands) to their teammates (similar to basketball). Players can only take a maximum of 3 steps with the ball, then they must pass the ball to a teammate. Goals can only be scored by heading the soccer ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team</p>	<p>Use arms for balance, protection and to create space Players should bend at the waist for maximum power Communicate and demand the ball Area of contact (striking surface)</p> <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-40 yard wide field.	All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	