



# 2011 - U10 - Lesson Plan - Week Thirteen

Topic: Heading\_\_

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

Technical Warm up	Organization	Coaching Pts.
	<p><b>Heading Introduction:</b>            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 balls            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;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>2v2 Heading Challenge:</b>            In an 8x10 yard grid, two teams with two players each will play to score goals with their heads. One team starts attacking by moving the ball from their end while serving (under handed serve) the soccer ball and heading it to get close to the opponent's goal, and score from a header. If the soccer ball gets by or through the defenders, the attackers score a point. If the defenders catch the ball, they counter as quickly as they can. Goals from your own zone are worth 5 points and from inside the opponent's zone 1 point.</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;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>Head, Catch &amp; Throw:</b>            Two equal teams play a modified hand ball game in which a player with ball serves to a teammate who heads it to another or the same teammate who served him/her the ball. Goals are scored with the head only. The player serving the ball may only take three steps. The defending team regains possession if the ball hits the ground, they intercept it with a header, or it goes out of bounds.</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;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<p>All of the above</p> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	