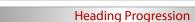
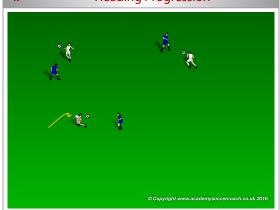
# U.S. WOMEN'S NATIONAL TEAMS PROGRAM

Date: July 10 Team: U14 **Duration of Session:** Medium Light 60 min Intensity/Load: Theme/Goals: Session 3 - Heading Technique







## **Dynamic Warmup** INTENSITY/LOAD: **DURATION:** 15' FIELD SIZE: 5 x 5 Light **COACHING POINTS:**

Partner work

On back

On knees

On front - Scorpion

Standing up

Jumping on stationary ball

Jumping on tossed ball

Coaching Points: eyes on ball, contact on middle of ball, forehead, timing, use of arms for protection. Power comes from the core!

### II. Defensive Heading (2 groups)



Phase 1								
DURATION:	10'	FIELD SIZE:	20 x 20	INTENSITY/LOAD:	Medium Light			
COACHING POINTS:								

2 groups 8

One player throws ball over gate for player to perform a defensive header

Coaching Points: Technical aspects of heading. Attack ball at its highest point, HFW (high, far, wide) in that order, timing

#### III. Attacking Heading (2 groups)



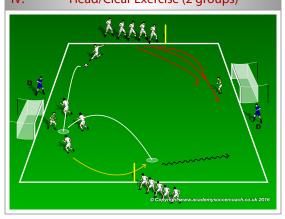
Phase 1								
DURATION:	10'	FIELD SIZE:	INTENSITY/LOAD:	Medium Light				
COACHING POINTS:								

2 groups of 8

One player bounces the ball into the ground for a player to head the ball down into the goal

Coaching Points: Technical aspects of heading. Attack ball at its highest point, heading ball down, contact area of ball, get up and hang!!!! Arch back and then snapping motion. Head ball down where it came from.

## IV. Head/Clear Exercise (2 groups)



Phase 2								
DURATION:	20'	FIELD SIZE:	60 x 30	INTENSITY/LOAD:	Medium Light			
COACHING POINTS:								

2 groups of 18

GK plays a ball wide always to the far post runner who dribbles end-line and serves into 3 runners at the opposite goal. Starts again with that far post runner making an unbalancing run wide and receiving the ball from the GK.

Phase 2: add a defender who now is working on clearing FHW

Coaching Points: timing of runs, running with the ball, taking looks at targets, quality of service, finishing off the head.