



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

### I. Heading Progression

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### II. Defensive Heading (2 groups)

Heading Progression Warm Up

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### III. Attacking Heading (2 groups)

Attacking Heading progression

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

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### Dynamic Warmup

DURATION: 15'	FIELD SIZE: 5 x 5	INTENSITY/LOAD: 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!

### 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

### 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.

### 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.