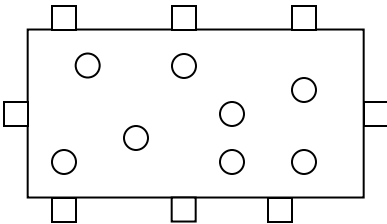
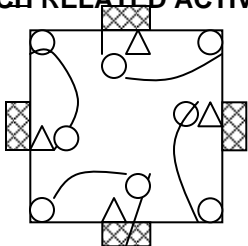
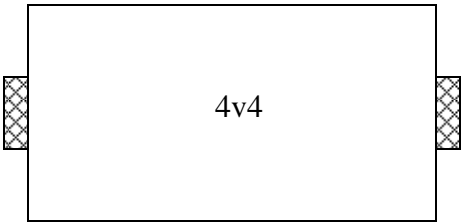
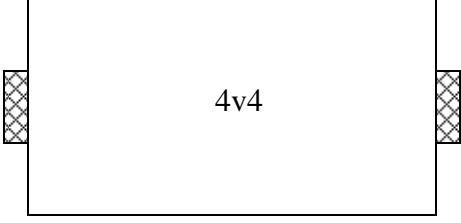




Name: Matt Callahan

Topic: Heading for attack

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Set up a 25-x-35 yard grid</li> <li>Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player</li> <li>Stretch then switch inside/outside players</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball down and with force</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Four goals are placed in a square facing a 40-x-40 yard area</li> <li>Each goal has a server, attacker, and goalkeeper</li> <li>Server plays ball to attacker who tries to score on a header</li> <li>Switch roles after 4 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball down and with force</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 (no GK) in a 36-x-44 yard area</li> <li>Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball</li> <li>Defenders not allowed in own 6 yard box and cannot disrupt thrown balls, only headed balls</li> <li>First team to five goals wins</li> </ul>	<ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball down and with force</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> <li>Give extra points for goals scored by headers</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with heading</li> </ul>