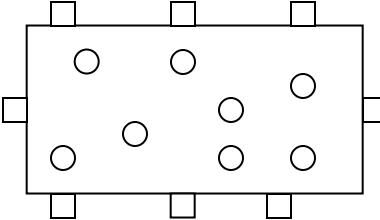
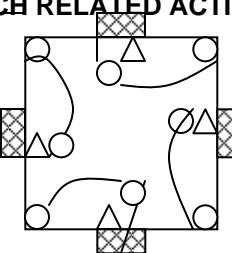
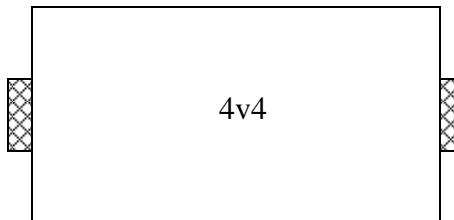




Name: Matt Callahan

Topic: Heading for attack

Date:

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