

TOPIC: Playing Balls in the Air (including crossing) Heading (both defensive and attacking)

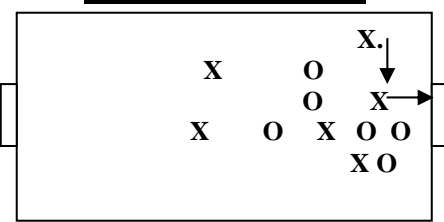
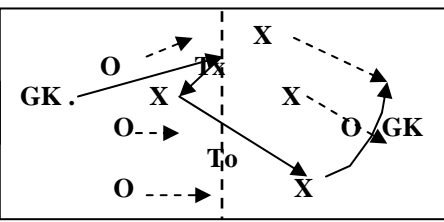
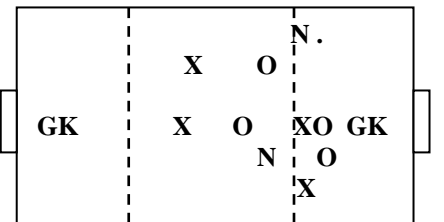
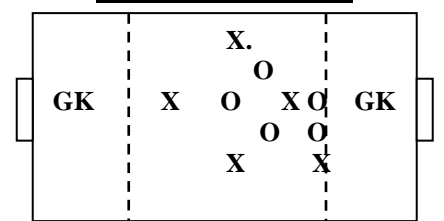
Key:

Running without the ball - - - - ->

Running with the ball ~~~~~>

Pass _____>

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<u>Technical Warm-Up</u>	<u>Organization</u>	<u>Key Coaching Points</u>
	<p>40x20</p> <ul style="list-style-type: none"> • Warm-up with move, toss and head in 3s; then play 6v6 Head-Catch • Thrown ball must be headed, then can be caught; no running with ball in hands • Ball hitting ground is o.b./turnover • Score only with head 	<ul style="list-style-type: none"> ✓ Technique for different types of heading – power, flick, clearing, attacking (contact point on ball and part of head) ✓ Body preparation, balance, follow through ✓ Attack ball at highest point (running 1-footed takeoff when possible)
<p style="text-align: center;"><u>Small Sided Activity</u></p> 	<p>40x60</p> <ul style="list-style-type: none"> • 4v2 to big goals in teams of 6 (incl. GK's) • Attack 4v1+GK; ball served into target, then combine to get ball wide for serve • Attackers recover to midline before next attack • Vary combination options • Rotate defenders and targets 	<ul style="list-style-type: none"> ✓ Pace and flight of cross ✓ Body prepared to score (hips/shoulders facing goal if possible) ✓ Technique for attacking headers – contact top half of ball ✓ Timing of runs – arrive fast and late
<p style="text-align: center;"><u>Expanded Small Sided Activity</u></p> 	<p>50x60</p> <ul style="list-style-type: none"> • 5v5+2 neutrals to big goals (incl. GK's) • Restraining (offsides) lines at 18 yds • Extra attackers facilitate using width for crosses • Option: Mark off wide channels; one defender can enter channel once ball is played into it 	<ul style="list-style-type: none"> ✓ Visual cues for cross ✓ Appropriate pace, spin, accuracy ✓ Organization and timing of runs (near, far, trail – fast and late) ✓ Prepare body to finish ✓ Clear high/wide/far – contact bottom half of ball ✓ Communication – call ball, incl. GK “Away” or “Keeper”
<p style="text-align: center;"><u>Game to Big Goals</u></p> 	<p>50x60</p> <ul style="list-style-type: none"> • 6v6 incl. GKs • Restraining lines at 18 yds • Option: goal from head or volley doubled 	<ul style="list-style-type: none"> ✓ Team shape ✓ Variety of options to penetrate and enter vital area (incl. GK role as 1st attacker) ✓ Attack balls in the air