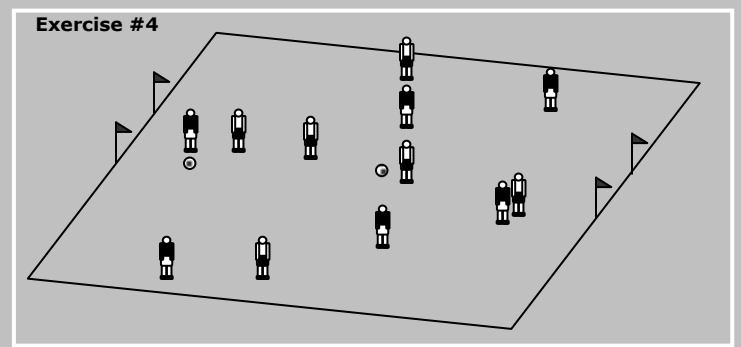
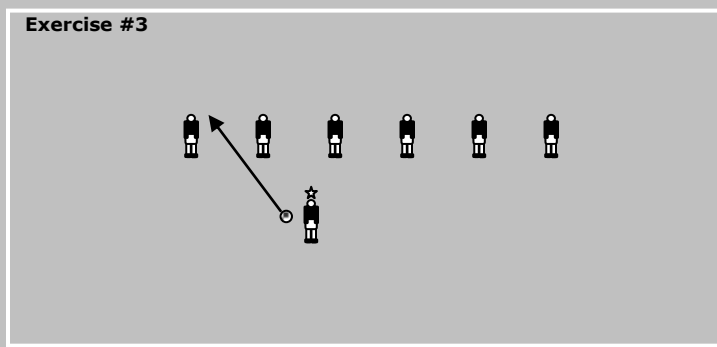
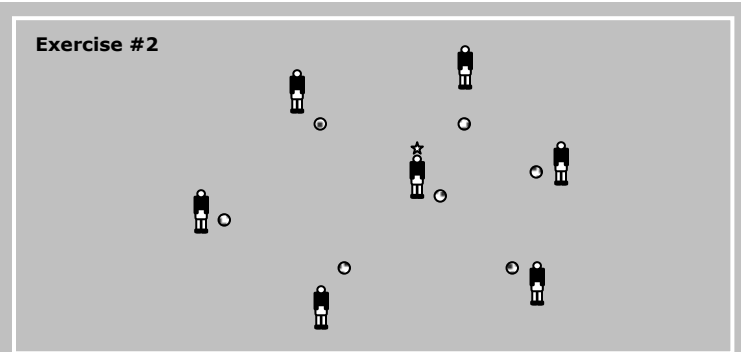
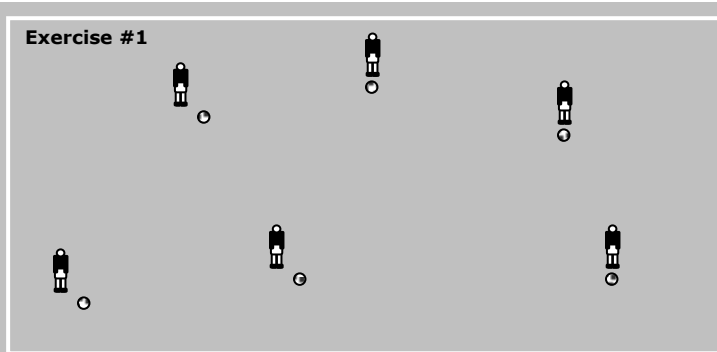


## U8 HEADING SESSION (HEADING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Heading	U8	Micro	U8G
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
Heading: Perform exercise in an open space with a regular soccer ball. <i>Time: 15 min.</i>		Head off the shelf (out of your hands). Throw ball to self. Head below hairline (hardest part of head). Keep neck stiff. Keep eyes on the ball. Use waist to generate power. Stay 4:1 on the positive to instructional comments throughout the session.		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
Juggling Circle: Coach (Juggling Master) has players follow them. Foot catch, thigh catch, head catch etc. with a regular soccer ball. If ball hits ground player must do an exercise to get back in the juggling circle. Perform exercise in an open space. <i>Time: 15 min.</i>		Same coaching points as above. Laugh and have fun with players.		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
Head Catch Game: If coach says head it players catch the ball. If coach says catch it players head the ball. Perform exercise in an open space. <i>Time: 10 min.</i>		Same coaching points as above. Laugh and have fun with players.		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
6v6 2 Balls: Play a 6v6 game. Field size 40x50 yards; use two balls on one field at the same time. <i>Time: 35 min.</i>		Encourage players to head the ball and play the game. Be positive. Become a fan of the players (good job, well done, etc.).		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			