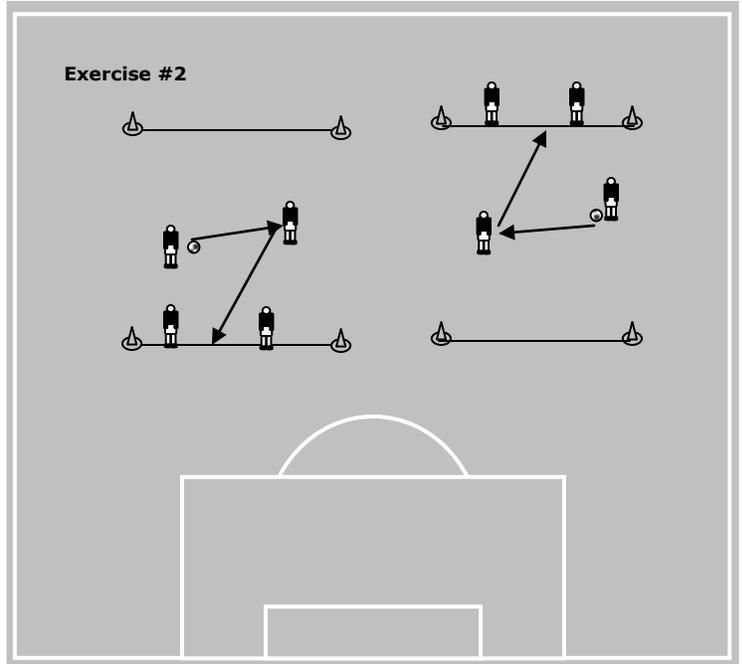
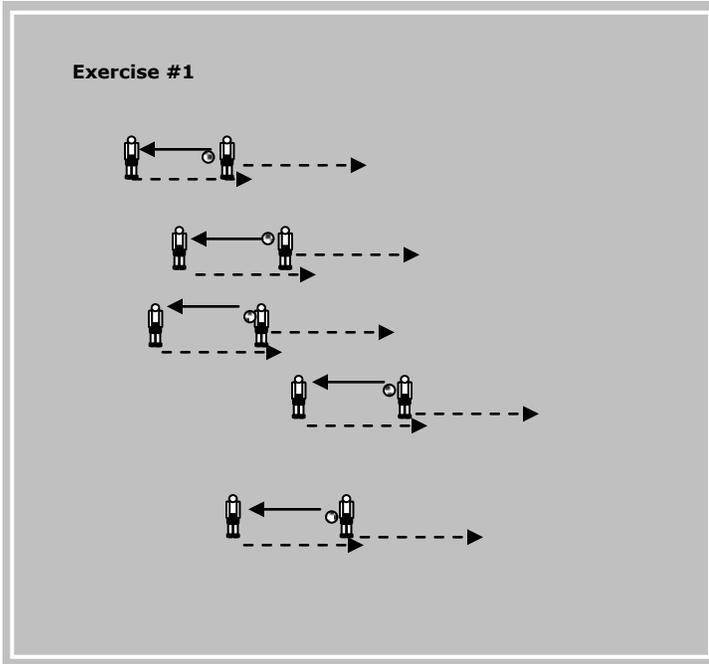


U10 HEADING SESSION (HEADING TO GOAL)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Heading to Goal	U10	Bantam	U10G
Exercise #1	Organization	Coaching Points		
<p>In Two's Brazil: All Body Parts: Player tosses ball to partner's right foot who plays ball back in the air with inside of foot. Then the pair moves backward and repeats, 10 reps. each foot for each player then change surface. Next, toss to head. Next, 2-touch – thigh, play back with foot. Chest back with foot. <i>Time: 10 min.</i></p>		<p>Focusing on heading. Keep eyes open, use forehead, run forward to attack the ball, bend at midsection, firm neck. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>2v2 Competition for Scoring in a Small Goal: In a grid 5x7 yards, the team not in possession of the ball are goalkeepers and must stand on the end-line. Team with the ball are free to move anywhere they choose. Player picks ball up with hands and tosses to partner who tries to head ball past the GK's for a point. If a goal is scored or saved, players reverse roles quickly, 3 minute games. <i>Time: 10 min.</i></p>		<p>Make it a competition. Same coaching points as stated above. Notice players who are heading with good technique and praise them.</p>		
Exercise #3	Organization	Coaching Points		
<p>Light Punt: In groups of 2, 1 ball, players 10 yards away from each other. One partner lightly punts ball to the head of the partner (toss ball if they cannot punt) who heads it back to partner. 10 reps. and switch. <i>Time: 10 min.</i></p>		<p>Get body underneath the ball. Try to direct ball back to partner with forehead. Use legs to try to propel ball back to partner. Same coaching points as above.</p>		
Exercise #4	Organization	Coaching Points		
<p>5v5 w/ GK's: (see pg. 34; doc. 310 133) <i>Time: 45 min.</i></p>		<p>Minimal coaching. Competition and fun.</p>		



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