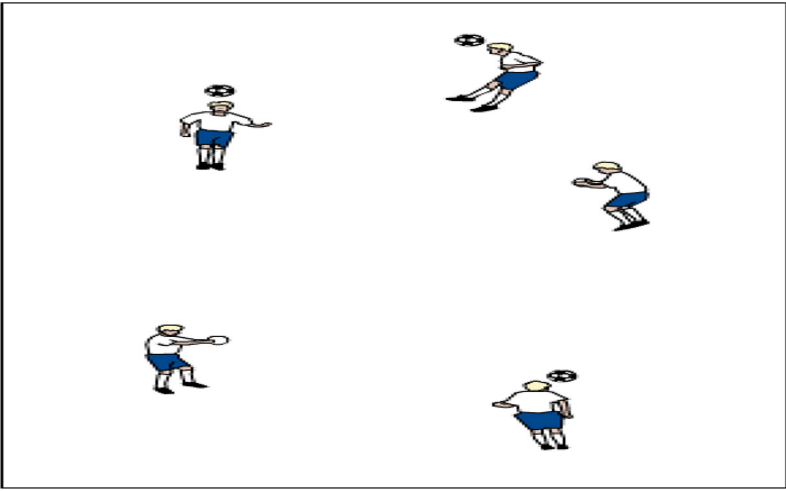



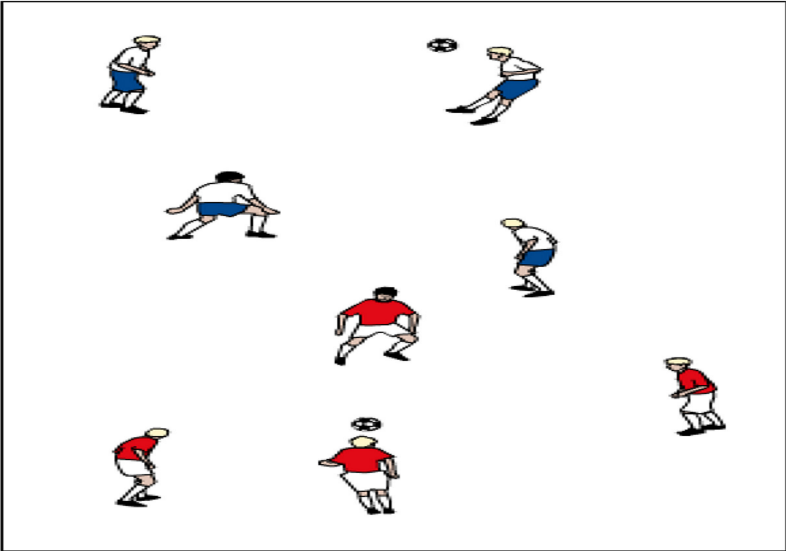


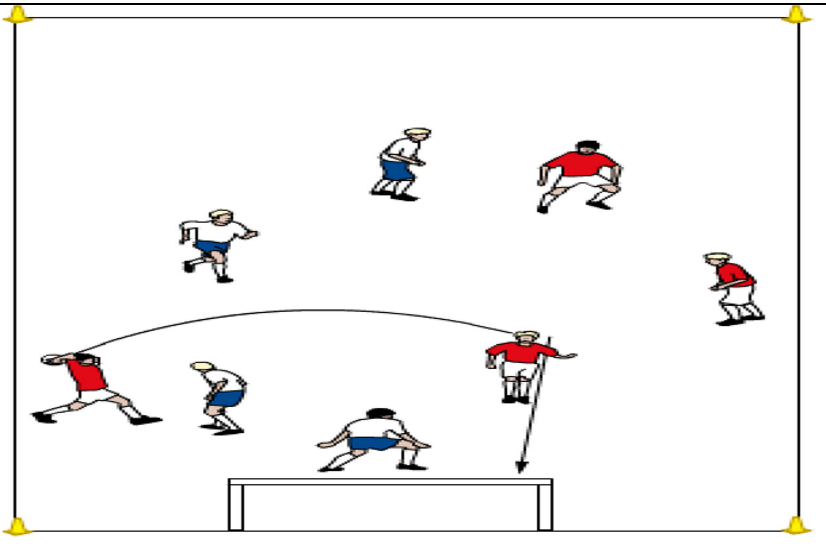

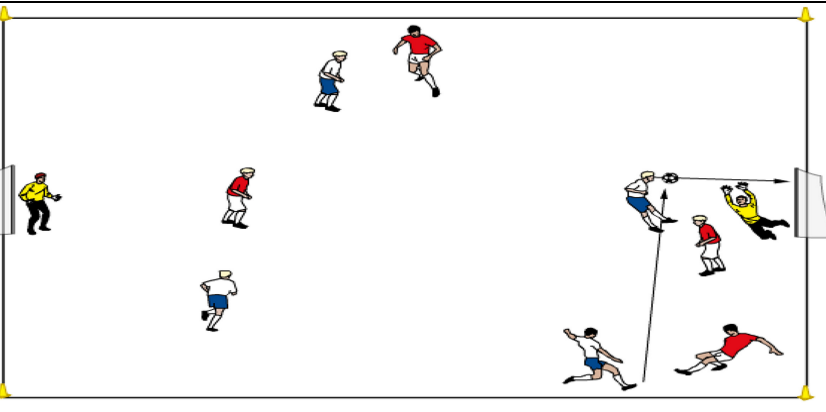



| Activity Name   | Description   | Diagram   | Coaching Points   |
|---|---|---|---|
| <p><b>1 Warm-up</b></p> <p>Players move about in an unrestricted area tossing their ball in the air and heading it to themselves.</p> | <p>Continue by accelerating the speed of movement and the number of times the ball must be headed.</p> <p>Stretch once the players are moving with an increased heart rate.</p>                   |   | <ul style="list-style-type: none"> <li> Look for eyes open and mouths closed.</li> <li> See which players display confidence while moving.</li> <li> Let one or two players direct the stretching.</li> </ul>              |
| <b>2 Technical Emphasis - Heading</b>   |   |   |   |
| <p>As in the above activities, each player tosses the ball in the air, heads it twice, and then heads it to another player.</p>       | <p>Progression – in groups of three or four, players try to keep the headed ball alive. Condition – that no player can head the ball more than once before each of the other players head it.</p> |  | <ul style="list-style-type: none"> <li> At first the balls will be all over the place, but they'll solve it. As soon as two players do it correctly, stop the session and praise them.</li> <li> Create a competition between groups of players. Encourage groups to move as they head the ball.</li> </ul> |

|   |  |  |  |
|---|--|--|--|
| <h3>3 Small Sided Activity</h3>   |  |  |  |
| <p>Using small-sided teams (3 v 3 or 4 v 4), play to a goal by hand passing to the head.</p>  | <p>Points are awarded for heading balls properly while progressing toward the goal. A grand slam is a goal scored from a headed ball.</p>                                |    | <p> Since this is a game situation, tactics will be employed. Though emphasis is on heading, watch the choices made by the players.</p>                               |
| <h3>4 Group Activity (Tactics – Decisions)</h3>   |  |  |  |
| <p>Play a 4 vs. 4 + goalkeepers match.</p>  | <p>Divide the players into two teams and play on half a field with emphasis on completing a headed pass or scoring a goal with a head ball.</p>                          |   | <p> Watch for players who move to receive a headed pass. Successful passing indicates good decisions. Stop the play to praise players for sound tactical choices.</p> |
| <h3>5 Cool-down</h3>  |  |  |  |
| <p>Spinal Extension – lie face down with arms by the sides. Tuck chin, pinch shoulder blades back &amp; raise chest off the ground.</p> | <p>Body Curl – lie on back, bend knees into chest &amp; put hands behind head. Exhale &amp; curl upper body &amp; pelvis toward each other &amp; crunch into a ball.</p> | <p>Hip Adduction – lie on side with top leg bent &amp; resting on the ground perpendicular to body. Lift bottom leg straight up, keeping the bottom foot parallel to the ground.</p> | <p>Neck – slow rotation of the head in all directions.</p>   |