

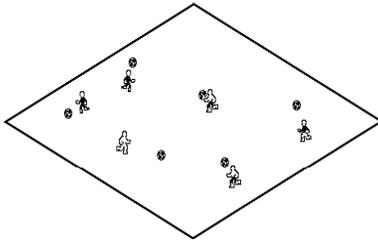
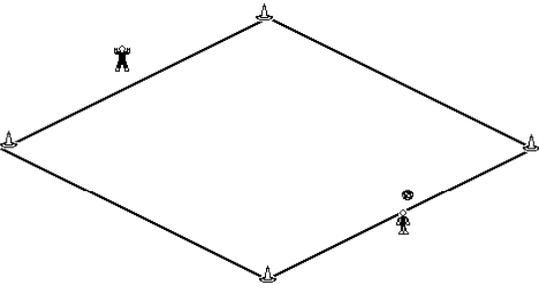
Lesson Plan



Author: Fran Kulas, Director of Coaching, Kentucky Youth Soccer Association

Topic: Heading

Age: U-10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Heads Up!</p>	<p>Players move around a defined space freely, one ball per player. While moving, players toss the ball in the air with their hands, and then head it up in the air (defensive heading). Players try to get the ball under control within one bounce and dribble away and repeat. Continue this activity and have players self-serve to head the ball down (attacking heading).</p>		<ul style="list-style-type: none"> -Use forehead to contact ball -Use legs to spring up to the ball -Attempt to use neck and back muscles for additional power
<p>1 vs. 1 Heading</p>	<p>In a space approximately 5 yards long and 5 yards wide, one player plays against each other. Game begins with one player serving the ball to himself for a header. That player attempts to head the ball across their opponent's goal line below the knees for a goal. Players who are defending their goal line may defend their goal line without any restrictions. If the defender catches the ball in front of their goal line, they may self-serve from that area in an attempt to score. A one-touch goal scored directly from the opponent's header is equal to 2 pts.</p>		<ul style="list-style-type: none"> -Above points + -Using the pace of the incoming header from your opponent to return a header -Players must use neck and back muscles to generate power from a self-serve

Lesson Plan



Author: Fran Kulas, Director of Coaching, Kentucky Youth Soccer Association

Topic: Heading

Age: U-10

<p>2 vs. 2 Heading</p>	<p>The space of the playing area is approximately 15 yards long by 10 yards wide. Pairs work together to compete against another pair. One team begins as the attackers by advancing the ball closer to their opponent's goal line by exchanging headers. When one player chooses, they attempt a shot on goal with a header. The opponents defend their goal line like goalkeepers. Once a shot on goal has occurred, the former attackers must immediately retreat to their goal line to defend.</p>		<ul style="list-style-type: none"> -When heading between partners while advancing the ball forward, players should get underneath the ball and head the ball high to keep it up -When heading for goals, players should head the ball down by getting over the ball
<p>Final Game – 6 vs. 6</p>	<p>Players play 6 vs. 6. Goals scored by a header are equal to 2 pts.</p>		