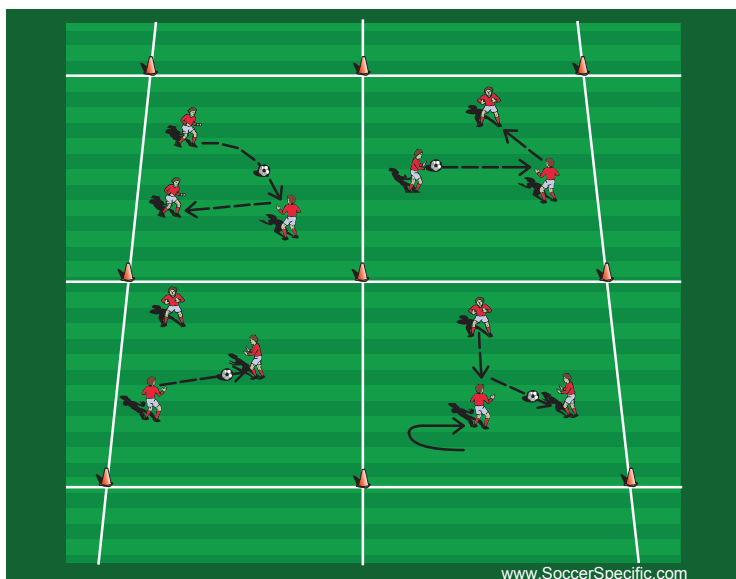


### ACTIVITY #1

**Set up:** Technical heading work in pairs (server and header), one ball between two as shown.

**Instructions:** Players start about 5 yards apart. Check away, return and head ball from server. Focus on the top 1/2 of the ball and head the ball "down". Rotate every 8-10 reps. Rotate and repeat.

**Coaching Points:**



### ACTIVITY #2

**Set up:** Technical heading work in groups of three (two servers and one header), one ball between three as shown below.

**Instructions:** Check away, return and head ball to opposite server. Focus on redirecting the ball down and at an angle. Rotate and repeat.

**Coaching Points:** Body mechanics, shape and balance. Eye on the ball - read the flight of the ball. Body in line of flight with the ball. Area of contact (striking surface). Upper body and legs to generate power.



### ACTIVITY #3

**Set up:** Two large goals with goalkeepers (36 x 65 area) with "servers" in each of the flank channels as shown. Pairs of players attack the crosses into the box. Note: be sure to have a supply of balls for both servers in the flank channels.

**Instructions:** Flank players cross balls, focusing on various services (i.e., driven, flighted, in-swinger, out-swinger, cut-back on the ground, etc.). Target players begin without defenders, making both near and far post runs as shown.

**Coaching Points:**



#### ACTIVITY #4

**Set up:** Same as Activity #3 with the addition of a defender inside the "box" - as shown.

**Instructions:** Flank players cross balls, focusing on various services. Target players make both near and far post runs as shown above. Award points for scoring out of the air (i.e., header or volley), and award defenders a point for clearances outside the 18-yard box. Further progression: 3 attackers vs. 2 defenders.

**Coaching Points:** Timing and angle of runs (i.e. near and far). Adjust starting position as ball travels. Assess flight of the ball (i.e. driven, flighted, etc.). Always know where the goal is and follow the ball with your eyes after heading it. Head balls down and at angles away from the goalkeeper.

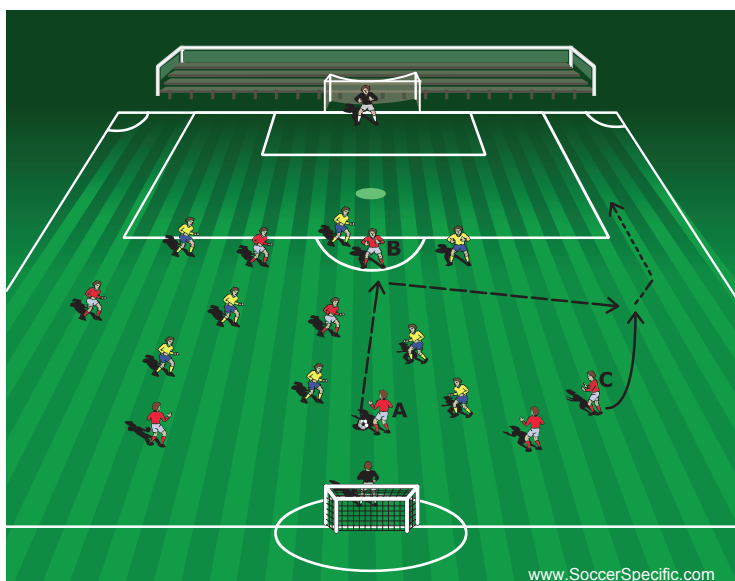


#### ACTIVITY #5

**Set up:** 5 v 5 +2 with goalkeepers to two large goals (36 x 65 area with neutral channels). Neutral flank players play unopposed for team in possession and service quality crosses. See diagram.

**Instructions:** Each team must stay in their own half of the field to begin. If the neutral (wide) player receives the ball in their defending half of the field, they must serve an early cross; if they receive the ball in the attacking half, they can penetrate to the end line before crossing. In the diagram, 4 yellow players have sprinted forward to attack the cross from the wide player. Progression: Take away the midfield/half-way line and allow free play. Then allow one defender to pressure the outside flank player once a ball is played into the channel.

**Coaching Points:** Aggressive, positive mentality to score. Tactical application of technique: direct ball to target, direct ball to teammate, into path of teammate, deflect ball toward target.



#### ACTIVITY #6

**Set up:** 8 v 8 with goalkeepers to two large goals as shown. Pitch size - 2/3 field or as needed (1/2 pitch used here).

**Instructions:** Both teams compete for possession of the ball and attempt to score in their opponent's goal. No restrictions. Possible formation- 1:3:3:2 v. 1:3:2:3.

**Coaching Points:** All previous points to be emphasized. Coach within the game.

**Cool Down:** Dynamic movements and static stretching. Review session. Focus on - Major muscle groups & reducing heart rate.