

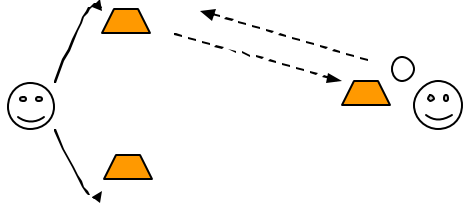
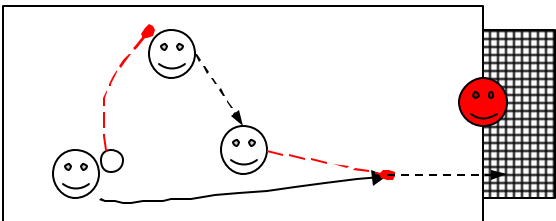
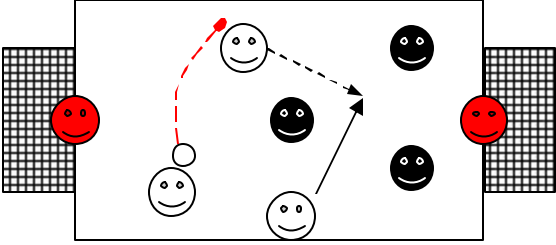
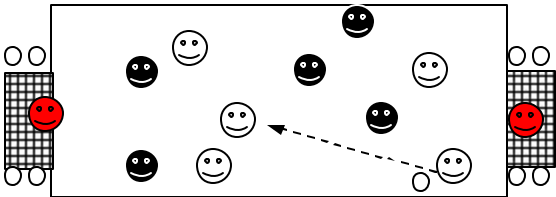


**Amherst Soccer Association
Director of Coaching Lesson Plan**



Session: Heading

Coach: Adrian Parrish

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * One Player acts as a server * The other player moves from side to side working on volleying, two touch, and heading the ball back * After passing back at one side, the player moves across to the other side, making the player use both feet * Switch roles after 60 seconds 	<ul style="list-style-type: none"> * Get in line with the ball * Chose surface of contact * Quality of ball back to server * Sharp movement between the cones
<p align="center">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Head For Goal * Player throws the ball for a person to head it to the third player * Players then move to receive the next throw so they can head it on again * Team moves down the field trying to score on the goal * Progression is to add a defender 	<ul style="list-style-type: none"> * Quality of throw * Heading surface (forehead) * Keep your eyes open * Keep your mouth closed * Movement off the ball * Head the ball down when heading towards goal, so make contact with the middle to the top of the ball
<p align="center">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Throw-Head-Catch * Same organization as previous game, but it is now 3 v 3 or 4 v4 plus a GK * Defending team can intercept the ball during a throw or a head. * If the player catching the ball drops it, possessions changes hand 	<ul style="list-style-type: none"> * As Above * Aggressiveness to win the ball ahead of the defender
<p align="center">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Goals scored with a head count as double * Keep field wide and long 	<p>LEGEND</p> <p>☺ ☹ = Players - - - - ● = Throw</p> <p>☹ = Goalkeeper</p> <p>○ = Ball</p> <p>→ = Run with out the ball</p> <p>- - - - → = Pass</p> <p>⊘ = Goal Net</p>
<p align="center">COOL DOWN</p>	<p>Player's dribble around with a ball then stretch</p>	