

U10 Week 3 - Heading and Volleying

Objective: This session is designed to teach players the technical points of heading and volleying a ball.

Coaching Points: (Heading)

- Keep eyes open and focused on the ball
- Mouth closed
- Surface of contact should be upper half of forehead (correct those using top of head)
- Strike the ball, do not let the ball strike you
- Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- Tighten neck and torso, arch back and drive the head through the ball for maximum power
- Use arms for balance, protection and to create space

Coaching Points: (Volleying)

- Keep eyes open and focused on the ball
- Strike the ball, do not let the ball strike you
- Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- Surface of contact should be in the middle to upper half of the ball
- Players should lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley
- Use arms for balance.

Heading Introduction: (15 minutes)

Pair up with one ball.

Step 1: Pull ball toward head at the same time you drive your head at the ball (Head-Snap)...head the ball to your partner.

Step 2: Players serve to themselves and head the ball to their partner. Their partner catches the ball and performs the same exercise.

Step 3: Players serve to each other. One player serves to their partner...the partner heads the ball back to the server. (repeat 10 times each)

Step 4: split players into groups of 2 or 3 and challenge them to get a certain number of headers to each other in a row. Then have a timed challenge to see how many times the group can keep the ball up in the air.

Dutch Circle: (20 minutes)

Half of the players (outsiders) create a circle with a diameter of about 25 yards. The outsiders are equipped with soccer balls in their hands. The other half of the players (insiders) are in the circle and do not have soccer balls. The outsiders must always be alert and on their toes ready to serve a lofted ball, at various heights, to an insider. The insiders move around to different outsiders and:

- head the ball to the hands of the outsider that served the ball to them
- head the ball to the feet of the outsider that served the ball to them
- head the ball over the head of the outsider that served the ball to them
- volley the ball with the inside of the foot to the hands of the outsider
- volley the ball with the laces of the foot to the hands of the outsider

Change insiders and outsiders every 2-3 minutes.



Team Handball: (20 minutes)

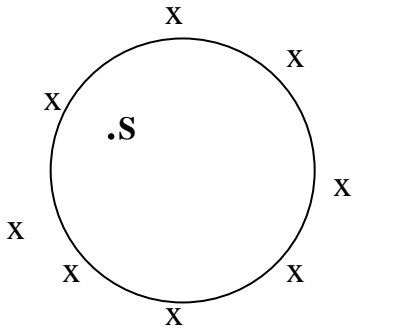
Organize players into 2 teams of 4, 5 or 6. Set up a 35 yard x 50 yard rectangular field with goals centrally located at each end. The 2 teams play this game by tossing the ball (with their hands) to their teammates (similar to basketball). Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by heading or volleying the ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team.

Tennis: (15 minutes)

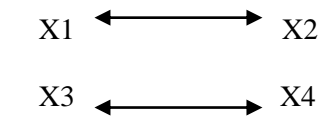
Organize teams of 2, 3 or 4. Set up multiple tennis courts (size depends on the numbers playing). For a doubles game (2v2), set up a grid 30-35 yards long x 15 yards wide. Include a central 3 yard alleyway across the width of the court, made from cones, to represent the net. **Team A** serves the ball from behind their end line with a volley or half-volley kick to **Team B**. The ball must land in **Team B's** half court to be **GOOD**. However, **Team B** can choose to play the ball before the bounce or after the bounce. Depending on age and ability of the players, the rules can allow 1-2 bounces on a side, with a 3-4 touch limit between teammates (this allows for juggling). Balls can be headed or volleyed to the other **Team's** side.

Points can only be scored by the team that served the ball. If a ball lands in the central alleyway, it is **NO GOOD** (like a tennis ball going into the net). Follow regular tennis rules or adjust accordingly.

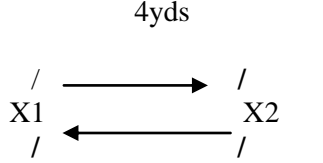
Head It/Catch It

<p>A circle of players surrounds coach/server. Server moves around, softly tosses ball to players head. As ball is in the air the server calls out “head it” or “catch it” and the player must do the opposite. A mistake and a point are given. The idea is to have the least points in a period of time.</p> <p>Progress: Increase number of servers to players. Increase the speed of tosses.</p>		<p>Coaching Points</p> <ul style="list-style-type: none"> • Introduction to heading • Concentration of commands
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Heading Juggling

<p>In pairs, in an open area, players heading to each other counting successful exchanges. Give players opportunity to beat previous score.</p> <p>Progress: Have players move across the field heading in pairs. Players may juggle with head before heading back to partner.</p>		<p>Coaching Points</p> <ul style="list-style-type: none"> • Controlled heading • Eye on the ball – read flight of ball • Area of contact
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Heading Wars

<p>Multiple pairs of players defend a small goal four yards across from each other. One partner tosses ball in the air to other partner to attempt heading on goal while server must defend goal. Take turns heading and defending goal. First player to two wins round. Rotate players down the line for multiple games.</p>		<p>Coaching Points</p> <ul style="list-style-type: none"> • Heading for Attack • Body Mechanics • Competitive activity
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Throw/ Head/Catch

Two teams of 6 players in 35x40-yard area with goals. The objective is to head into opposition's goal. Start play with two-handed, underhand throw by attacking team. The receiver attempts to head the ball to any teammate who, in turn, must catch it before it hits the ground or it's a turnover. He can take 3 steps and within 5 seconds must throw it to the next player, who heads it to another player, who catches it, tosses it for a teammate to head. All shots must be from headers. Defenders are not allowed inside 6-yard box, cannot block any throws. They can contest headers or intercept ball after a header.



Heading for Attack:
Direct ball to goal,
teammate, path of
teammate.

Timing of jump to
attack ball at highest
point.

6v6 Scrimmage: (30 minutes)

(including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size