

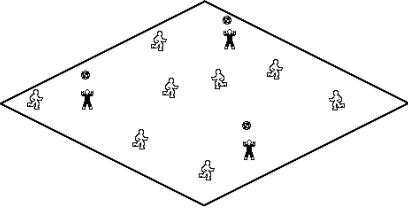

# Lesson Plan



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

**Topic:** Heading

**Age:** U-10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p><b>Head Tag</b></p>	<p>All players inside a clearly defined area. One-three players have a ball and are “it.” “It” players run with a ball in their hands and try and hit a player who is not “it” with a header. “It” players must serve the ball to themselves for a header. Players who are hit with a ball become an “it.”</p>		<ul style="list-style-type: none"> <li>-players must attack the ball when heading</li> <li>-players must now experience different types of heading techniques in their attempt to head direction and accuracy</li> </ul>
<p><b>Pair Heading</b></p>	<p>Players in pairs head the ball back and forth, in a one-touch fashion, to see how many consecutive headers they can achieve. After a period of time, have players alternate to where each player must head the ball twice (one to receive and a second to pass)</p>		<ul style="list-style-type: none"> <li>-players must get underneath the ball and keep the ball as high as possible in their attempt to consecutively pass the ball back and forth</li> <li>-players must be light on their feet to be able to move side-side and forward-backward in order to adjust their body to the ball in order to receive and pass the ball properly with their heads</li> </ul>

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<p><b>Short-Short Long Heading</b></p>	<p>Three players per group with one ball. Organize the players in a line. Player “A” tosses the ball to player “C,” who heads it back to player “A.” Player “A” then heads the ball over player “C” to player “B.” When ball goes over player “C’s” head, h/she turns to receive a header from player “B.” Player “C” heads it back to player “B” who then heads it long over the top of player “C” to player “A.” The cycle repeats to see how many times each group can complete this cycle.</p>		<p>-players must use neck and back muscles to head the long ball -accuracy and trajectory of the ball are the focus of the short header</p>
<p><b>Final Game – 6 vs. 6</b></p>	<p>Players play 6 vs. 6. Goals scored by a header are equal to 2 pts.</p>		