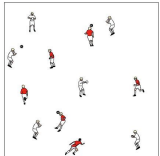
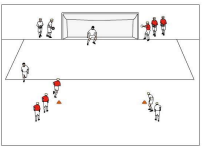


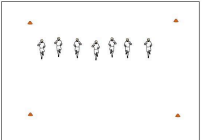


Lesson Plan

Activity Name	Description	Diagram	Purpose / Coaching Points
<p>1</p> <p>Heading Progression -</p>	<ul style="list-style-type: none"> • Each player with a ball - Heading Ladder • Partners sitting facing each other - Self toss and head to partner [partners gradually back up] -> Knees -> Standing • Partner toss -> head back -> "Score or Away" • Partner - Heading Ladder • Half with soccer balls in hand (Targets). Players jog from Target to Target heading the ball from a toss or volley -> 		<p>Make frame with arms, Power from trunk, Balance, Body mechanics, Power, Lower forehead contact to score (Top of ball), Higher forehead to clear (Bottom of Ball), Accuracy, Timing, One or Two leg Take-Offs, Watch Ball, Clean touch</p>
<p>2</p> <p>Rapid Fire Heading - Phase</p>	<p>One goal, two even teams, 8 by 12 yard grid. Teams split and line up at diagonal corners. Team 1 has a player in the goal. Lines near goal have a ball each (Servers). Team 2 tosses ball to partner who tries to score with head. Once headed players rotate as follows; Header becomes GK, GK goes to server line, Server goes to Shooting line. Now</p>		<p>Body mechanics, Quick Transition, Shooting power and accuracy, Make frame with arms, Power from trunk, Balance, Body mechanics, Explode through ball, Power, Lower forehead contact to score (Top of ball), Higher forehead to clear</p>
<p>3</p> <p>Two vs. Two plus Two</p>	<p>Create a ~36 x 30 yard field with two goals. Two teams of two plus two neutral players are on the field. One neutral server is outside each corner of the field. Attacking team must play ball to a server in their attacking end who tosses / volleys / or crosses (depending on ability) ball into the box for a Header on goal</p>		<p>Body mechanics, Quick Transition, Shooting power and accuracy, Make frame with arms, Power from trunk, Balance, Body mechanics, Explode through ball, Power, Lower forehead contact to score (Top of ball), Higher forehead to clear</p>
<p>4</p> <p>Four vs. Four (with GK) -</p>	<p>Even sided match</p>		<p>Any coaching points mentioned previously. Use conditions to reinforce topic of the day.</p>
<p>5</p> <p>Warm Down - Phase 5</p>	<p>Different movements (Jogging, Sliding, Skipping, etc.) Static stretching</p>		<p>Recovery</p>