



## Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 7**

Team/Age Group **U14s**

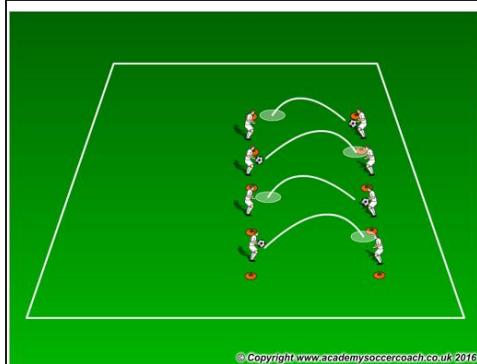
Theme **Heading**

Time available

**1 Hour 30 Minutes**



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### NOTES

#### Ball Mastery Warm Up

##### Groups of 3 Passing (10-12 Minutes)

Players are broken up into groups of 3 in a triangle formation. 2 Players have a ball, while the player who doesn't is consider the worker. Players should be 5-7 yards apart. **1st rotation** players with the ball pass the ball to the worker, the worker uses the inside of their foot (same side as passer) to play it back to passer. The players passing the ball should have the ball arrive at the workers feet right after they play the ball back to other passer, players work for 30 seconds at a time, then rotate so all players perform given skill **2nd Skill:** Passer play the ball diagonally to players foot, and they one touch it back **3rd Skill:** Passers are on there knees. They roll the ball to the center of the worker's body. Worker uses the outside of his foot to play it back **4th Skill:** One passer has the ball in his/her hands and tosses the ball to worker for an inside of the foot volley. Other passer plays it to thigh, worker brings it down to the ground and plays it back

#### Heading From Knees

Set up min boxes 5-7 yards wide 8-10 yards long, depending on abilities. Players will work with partner across from them on there knees, with one ball. Players take turns tossing the ball to each other and the other player heads the ball back from there knees, trying to arch their back, following through, landing on their hands. Have each person try 5 headers then switch roles., After 2 rotations have players stand and work on this same activity but now standing

**Coaching:** remind players to keep their eyes open when heading, and to use their forehead, or their occipital bone, not the top of their head when heading the ball. Explain to them that attacking headers they should be hitting in a downwards motion (goal scoring), and clearing headers, still with the same part of their head and upward motion (defending), Eye on the ball; read the flight of the ball, Body mechanics, shape and balance

#### Head Wars 2v2

Play 2v2 in an 8x10 yard grid. Players are restricted to their own half (4x10 yard grid). Each team protects the 10 yard line. Play starts with one player tossing ball to his/her partner to score from a header. If the soccer ball crosses the end line below the defenders' shoulders, they scored a goal. The defenders act as goalkeepers, guarding the end-line, using their hands to catch the ball. The process starts again.

##### Scoring

1 point = Toss, header, goal, 3 points = Toss, header, header, goal (same team), 5 points = One team heads the ball and the other team heads it back without catching it for a goal.

##### Coaching

Read the flight of the ball, Keep eye on the ball, Get in the line of flight of the ball, Lock neck and keep upper body rigid, Thrust forward from waist, Direct ball down and with force

#### 3v3 Team Handball (20 Minutes)

Organize players into teams of 3 or 4 players. Set up a 20 yard x 25 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, and then they must pass the ball to a teammate. Goals can only be scored by heading the soccer ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team.

**Version 2:** You can play this with big goal and play with bigger teams and incorporate half volley, full volleys as other ways to score. This can lead into a regular game whereas you give 2 points for any goals of a header

#### Scrimmage 7v7, or 8v8 in 55x80 area (25-30 Minutes)