



Interactive Session Plan™



Select a Date

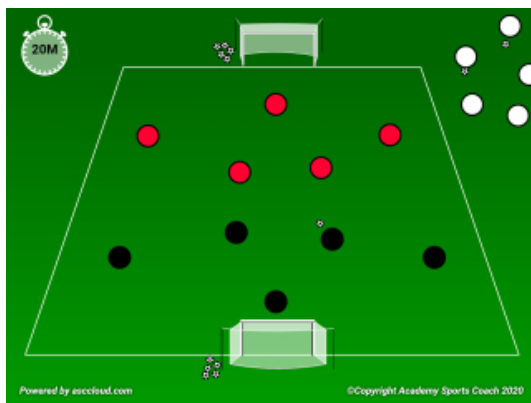
Chris Bagshaw

Age group:

U13s

Heading - Technique

80mins

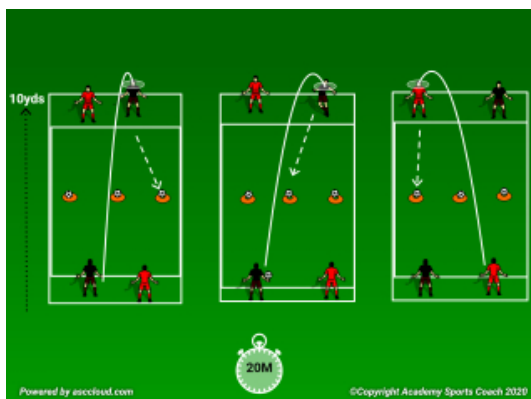


1st Activity - 5v5 Game

Rules:

- Sweeper/Keepers - furthest player back can use hands
- 2 minute games
- Dribble/Kick ins
- Keep track of winners
- Headers worth 3pts.

Team that is off should be working on heading technique



Practice - Head the Ball off the Cone

Setup:

- 2 sets of partners that are 10yds apart
- 3 balls on cones in the middle of the partners
- Ball each partner

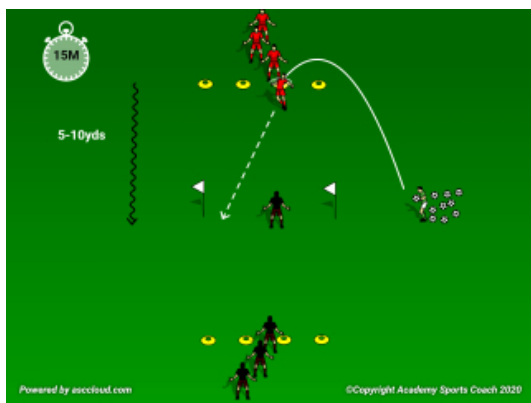
Rules:

- Partners serve the ball in the air to their partner
- Partner has to head the ball and try to knock the ball off the cone
- After 2 mins, team who knocks the most balls off the cone wins
- Promotion/Relegation for teams

Progressions:

- Ball has to be served higher teammate
- Ball is punted to teammate
- Make the distance bigger

Keys: Use neck muscles, meet the ball, forehead, follow through, use shoulders and



Practice - Head-Transition-GK

Setup:

- 2 lines of player with a 5yd goal in the middle
- Coach or players are the servers with LOTS of soccer balls
- Lines should be 5-10yds away from goal (based on level)

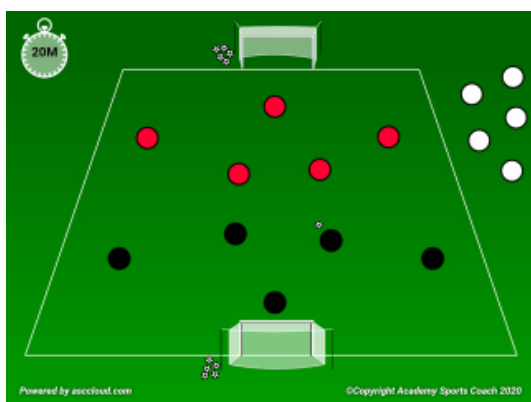
Rules:

- Players will have a ball served to them by coach/player and try to head the ball into the goal
- Once they have headed the ball, they need to run into the goal and stop the other team from heading the ball in
- Players can not use hands and flag height for goals

Progressions;

- Bigger goal
- Make the header more difficult by throwing it higher or from further away

Technical - Meet the ball, generate power, head the ball down, thrust



Play - 5v5 Handball Game - Score with a Header

Rules:

- Handball game - pass the ball with hands, drop the ball = turnover
 - 4v4 or 5v5 - NO GKs
 - Can only score with headers. Ball has go over the line in the air.
- Players cannot block headers with hands

Depending on the numbers - King of the Court or 2 different fields

Can move to regular soccer after 10-15mins. Headers worth 3pts