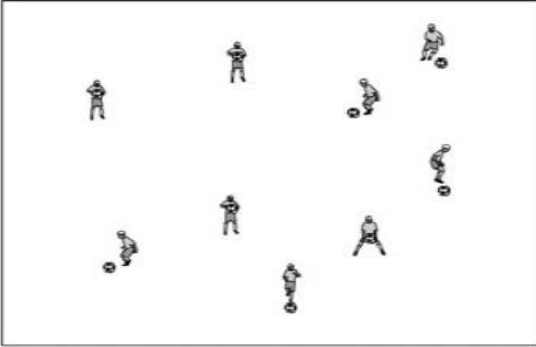


Author: Ian Bradley

Topic: U10 Heading

### Warm Up



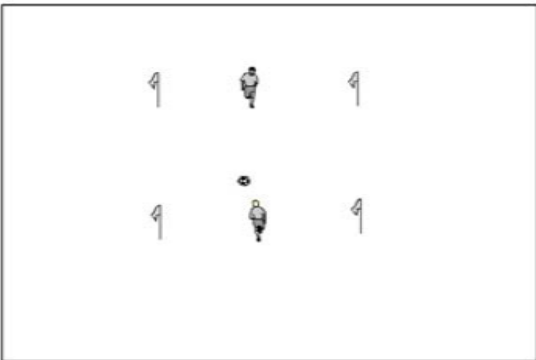
### Organization

- Players move around in an open training area, one ball per player
- While moving, players toss the ball in the air and then head it up in the air. (defensive heading)
- Players then bring the ball under control and dribble away
- Progression: Players head the ball down into their run (attacking heading)

### Key Coaching Points

- Read the flight of the ball
- Keep eye on the ball
- Time jump to hit ball at highest point

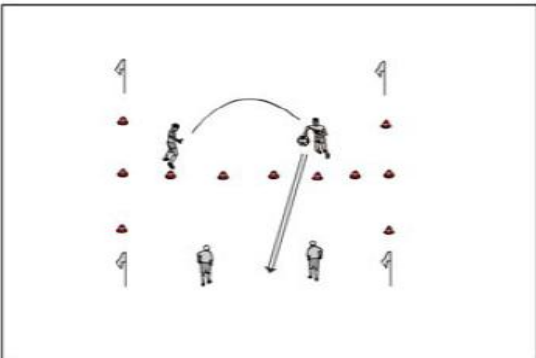
### Small Sided Activity – 1v1



- 5 yard x 5 yard training area
- One player plays against the other with each player serving themselves
- The serving player attempts to head the ball across their opponent's goal line below waist height
- If the defender catches the ball in front of their goal line they may self serve from that area in an attempt to score
- A player may choose to return the ball with a direct header
- Have extra balls available behind each goal

- Lock neck and keep upper body rigid
- Thrust forward from waist
- Direct ball down and with force

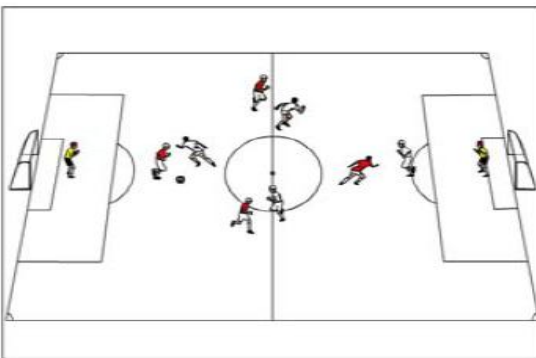
### Small Sided Activity – 2v2



- Play a competition. First to three goals wins
- Play 2v2 in a 14-x-10 yard area
- Players are restricted to their own half
- Play starts with one person serving the ball to their partner who must attempt to score with their head
- Goal must be scored below waist height of the opposing GK
- Defending team act as goal keepers and tries to score when they get the ball

- Try to be deceptive
- Placement of header
- Get in the line of flight of the ball

### The Game



- 4 v 4 or 5 v 5 + Keepers
- Give extra points for goals scored by headers

