


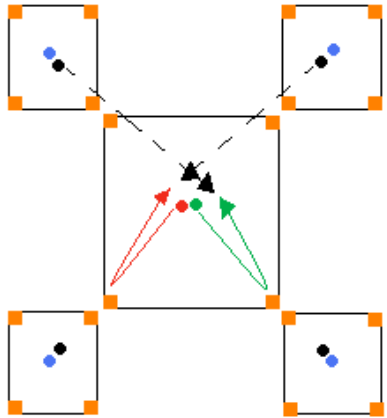
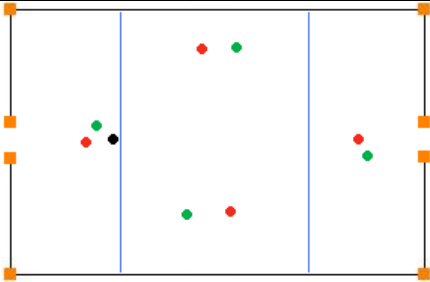
# COACHING SESSION PLAN

<b>Session Type</b>	<b>U14 week 6, practice 1</b>
<b>Theme of Session</b>	<b>HEADING IN ATTACK</b>

Key phrases for today's theme;

- FFW- *normal techniques which players should be used to, ensure they practice hard without losing correct technique*
- Attacking heading- *one footed take off, side on approach, arch the back and pull the body through the arms, when heading to score- power the ball downwards, when controlling a header (like a pass) direct but do not add power to the ball*
- Game 1- *practice heading- both to pass and score.*
- Game 2- *FREE PLAY*

<b>Focus</b> <i>Key points and things to watch out for.</i>	<b>Diagram</b> <i>Equipment and example</i>	<b>Timing</b> <i>Minimum time to be spent on exercise</i>
<p><b>Basic fast feet; single work</b></p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many of these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> <li>• <i>one step between-</i> getting the knees up over the cones, players put one foot in each gap as they go through</li> <li>• <i>two steps between-</i> as above, but this time players making two steps in each gap</li> <li>• <i>facing right-</i> players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over</li> <li>• <i>facing left-</i> as above but right foot first, left foot meeting</li> <li>• <i>big zigzag-</i> players do big zigzags in and out of the cones</li> <li>• <i>small zigzag-</i> players use little steps to move in and out of the cones</li> <li>• <i>zigzag backwards-</i> as above but players face the 'wrong' way through the cones, moving in and out backwards</li> </ul> <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p>		<p>10mins</p>

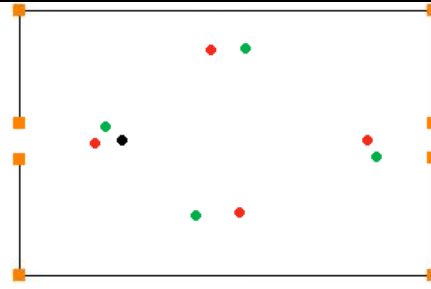
<p><b>Heading; techniques for heading</b></p> <p>Set up a 12x12 yard box in the middle with 4 8x8yard boxes coming off of each corner, as shown in the diagram on the right.</p> <p>Players should then be placed as follows; one in each of the corner boxes and two in the middle box. The two players in the middle will be the players that are working, the others are servers. Players should rotate around positions.</p> <p>The players in the middle should start in the centre of their box facing the ball they are going to head, they should then move backwards towards the opposite corner, keeping their eye on the ball and then, when they reach the opposite corner, the server should throw the ball high into the box for the player to move towards the ball and head it back.</p> <p>Players should be each do one round on each of the following headed techniques;</p> <ul style="list-style-type: none"> <li>• Controlled headers- <i>head the middle/upper-side of the ball and play it at a medium pace down to the feet of the recipient</i></li> <li>• Attacking headers- <i>head the middle/upper-side of the ball and play it with power (as if trying to score into the bottom corner of the goal)</i></li> </ul>		<p>20mins</p>
<p><b>Small sided games; throw, head, control</b></p> <p>Maximum of 4v4 players for U14s. Throw, head, control should be played after beginner practices on heading. The concept being that it is like a game of netball (where players cannot run with the ball) instead they move off the ball to create space for themselves. Players should start with the ball in their hands, throw it to a teammate, who heads it to another teammate to control (no hands), once the ball is controlled they should pick it up and throw it onto the next player. The opposition can only head the ball if it has been thrown, and only control it without their hands if it has been headed. The ball can only be headed into the goal.</p> <p>The field should be split into zones, as in the diagram so that players understand that in defensive areas they should head the ball high and away from their goal, in the middle they should look to play controlled headers to the feet of their teammates. In the attacking third, players should be looking to score with low and powerful headers.</p> <p>The aim for the players is to score in their target goal, however, if they find this difficult, to begin with have them scoring points by completing a 'throw, head, control' sequence (played with no goals).</p> <p>The set up should be a 30x40 yard area, with two 4 yard goals (no keepers), placed at either end.</p>		<p>10mins</p>

**Small sided games; regular mini game**

Maximum of 4v4 players for U14s. Regular games should be played after other controlled small-sided games.

The aim for the players is to score in their target goal.

The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.



*Until practice ends*