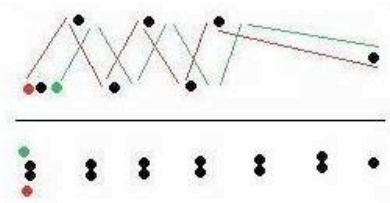
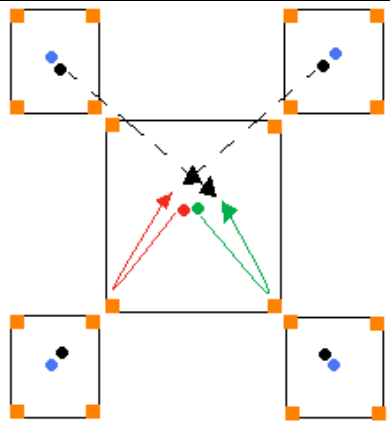


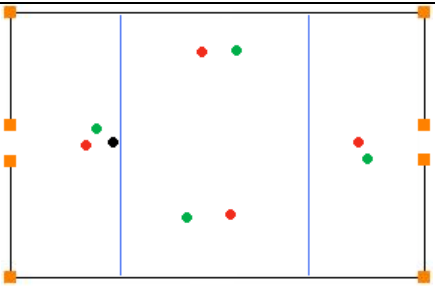
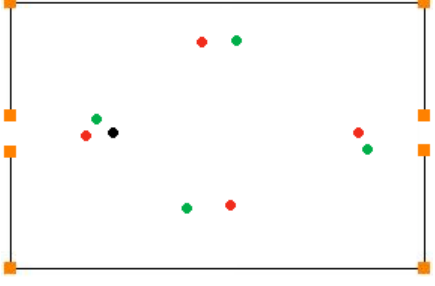
# COACHING SESSION PLAN

<b>Session Type</b>	<b>U14 week 7, practice 1</b>
<b>Theme of Session</b>	<b>HEADING IN DEFENCE</b>

Key phrases for today's theme;

- FFW- *bend knees, keep body-weight forwards, lightly pad the ground and keep your feet low*
- Heading- *attack the ball- aiming to fire it high and far- attack side on, arch your back and go through the ball*
- Game 1- *focus on defensive heading, how quickly can they intercept a ball in midair?*
- **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; paired work</b></p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises <b>not</b> races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</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 two rounds the following headed technique;</p> <ul style="list-style-type: none"> <li>• Defensive headers- <i>head the underside of the ball and emphasize your power into playing the ball high and far (to clear danger)</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>
<p><b>Small sided games; regular mini game</b></p> <p>Maximum of 4v4 players for U14s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>Until practice ends</p>