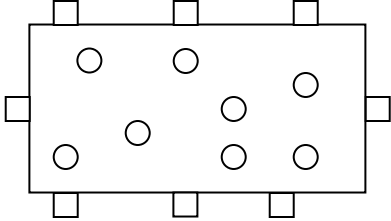
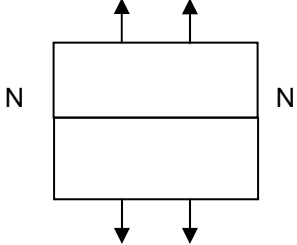
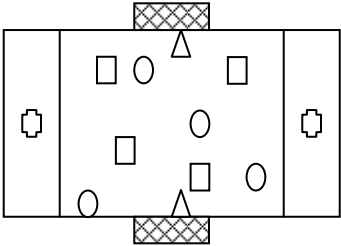
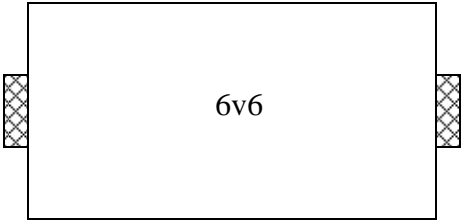


Name: Jeff Hopkins

Topic: Heading and Airplay

U14

<p><b>Fundamental: Ring Toss</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up a 25-x-35 yard grid</li> <li>▪ Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>▪ Stretch then switch inside/outside players</li> <li>▪ Progression: 1) attacking headers 2) defensive headers</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Read the flight of the ball</li> <li>▪ Keep eye on the ball</li> <li>▪ Get in the line of flight of the ball</li> <li>▪ Time jump to hit ball at highest point</li> <li>▪ Lock neck and keep upper body rigid</li> <li>▪ Thrust forward from waist</li> <li>▪ Direct ball down and with force</li> </ul>
<p><b>Match Related: 4v4 + 2 Heading Wars</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 + 2 in a 40-x-36 yard grid</li> <li>▪ 2 neutrals play on outside of grid and act as servers</li> <li>▪ Ball is thrown to players (move to feet)</li> <li>▪ A headed ball must be caught or shot</li> <li>▪ Ball dropped is a turnover</li> <li>▪ Immediate transition</li> <li>▪ Cannot run with ball</li> </ul>	<ul style="list-style-type: none"> <li>▪ Read the flight of the ball</li> <li>▪ Keep eye on the ball</li> <li>▪ Get in the line of flight of the ball</li> <li>▪ Time jump to hit ball at highest point</li> <li>▪ Lock neck and keep upper body rigid</li> <li>▪ Thrust forward from waist</li> <li>▪ Direct ball down and with force</li> <li>▪ Types of runs</li> </ul>
<p><b>Match Related: 4v4 + Neutrals</b></p> 	<ul style="list-style-type: none"> <li>▪ Make 2 teams of 4</li> <li>▪ Have 2 neutral servers</li> <li>▪ Ball must be played out to server before team can attack</li> <li>▪ Servers can use hands (for success)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Read the flight of the ball</li> <li>▪ Keep eye on the ball</li> <li>▪ Get in the line of flight of the ball</li> <li>▪ Time jump to hit ball at highest point</li> <li>▪ Lock neck and keep upper body rigid</li> <li>▪ Thrust forward from waist</li> <li>▪ Direct ball down and with force</li> </ul>
<p><b>Match Condition</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 6v6</li> <li>▪ Condition: give extra points for goals scored by headers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with heading</li> </ul>