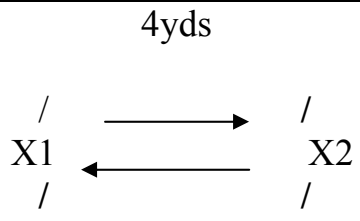





# Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Head It/Catch It	<p>A circle of players surrounds coach/server. Server moves around, softly tosses ball to players head. As ball is in the air the server calls out “head it” or “catch it” and the player must do the opposite. A mistake and a point are given. The idea is to have the least points in a period of time.</p> <p><b>Progress:</b> Increase number of servers to players. Increase the speed of tosses.</p>		<ul style="list-style-type: none"> <li>• Introduction to heading</li> <li>• Concentration of commands</li> </ul>
2			
Heading Juggling	<p>In pairs, in an open area, players heading to each other counting successful exchanges. Give players opportunity to beat previous score.</p> <p><b>Progress:</b> Have players move across the field heading in pairs. Players may juggle with head before heading back to partner.</p>		<ul style="list-style-type: none"> <li>• Controlled heading</li> <li>• Eye on the ball –read flight of ball</li> <li>• Area of contact</li> </ul>

# Lesson Plan

3			
Heading Wars	<p>Multiple pairs of players defend a small goal four yards across from each other. One partner tosses ball in the air to other partner to attempt heading on goal while server must defend goal. Take turns heading and defending goal. First player to two wins round. Rotate players down the line for multiple games.</p>	<p>4yds</p> 	<ul style="list-style-type: none"> <li>• Heading for Attack</li> <li>• Body Mechanics</li> <li>• Competitive activity</li> </ul>
4			
Throw/ Head/Catch	<p>Two teams of 6 players in 35x40- yard area with goals. The objective is to head into opposition's goal. Start play with two-handed, underhand throw by attacking team. The receiver attempts to head the ball to any teammate who, in turn, must catch it before it hits the ground or it's a turnover. He can take 3 steps and within 5 seconds must throw it to the next player, who heads it to another player, who catches it, tosses it for a teammate to head. All shots must be from headers. Defenders are not allowed inside 6-yard box, cannot block any throws. They can contest headers of intercept ball after a header.</p>		<p>Heading for Attack: Direct ball to goal, teammate, path of teammate.</p> <p>Timing of jump to attack ball at highest point.</p>

## Lesson Plan

5

The Game

Two teams of 6 playing in 35x40 yard area.  
One point for goals coming from shots and 3  
points for goals coming from headers.



The game  
Looking to head to goal  
whenever possible for  
extra points.