

COACHES CONNECTION
U18 LESSON PLAN
Heading for Attack

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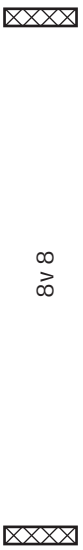



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE & COACHING POINTS
<p>1. Warm Up</p> <p>Set up a 25-x-35 yard grid</p>	<ul style="list-style-type: none"> Half of team on outside of grid (half of those players need a ball) and the other half moving on the inside Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player Stretch then switch inside/outside players 		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist <p>Direct ball down and with force</p>
<p>2. 2v2 Heading for the Goal</p> <p>Players organize themselves to Play 2v2 in a 14-x-10 yard grid</p>	<ul style="list-style-type: none"> Players are restricted to their own half Play starts with one person tossing ball up and heading to their partner who must either attempt to score on a header or head the ball back to their teammate who then must either score or pass back.. When defense wins ball they score Play to three goals 		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist <p>Direct ball down and with force</p>
<p>3. 4v4 To Goals</p> <p>Now the players organize themselves to play 4v4 (no GK) in a 36-x-44 yard area</p>	<ul style="list-style-type: none"> Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball Defenders not allowed in own 6 yard box and cannot disrupt thrown balls, only headed balls First team to five goals wins 		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist <p>Direct ball down and with force</p>



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<p>4 Scrimmage</p> <p>The players organize themselves into two teams of four, including a goalkeeper on each team.</p>	<ul style="list-style-type: none"> • 8v8 + GK game • No restrictions on players 8v8 	<div style="text-align: center;">  <p>8v8</p> </div>	<p>Observe to see if players are using correct technique.</p>
<p>5 COOL-DOWN</p> <p>Juggle in pairs.</p>	<p>25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.</p>	<div style="text-align: center;">  </div>	<p>Recap the key points of executing finishing.</p>