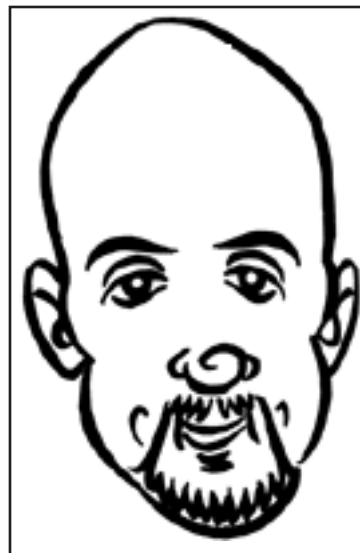


Every week we will be giving some ideas for coaching games that you can try out during training sessions. If you are a player you can also try some of the games in your own time. We will try and feature a different skill every week. If you have a suggestion, please let us know or if you have any tips you would like to pass on we would be delighted to print them. Send your ideas to The Junior Weekly, Blackstaff Commercial Complex, 79 Springfield Road, Belfast BT12 7AE

HEADING



COACH CRAIGYS PAGE

NON STOP ATTACK

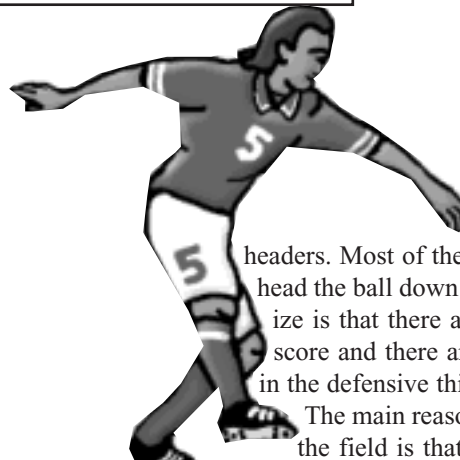
Purpose: To practice crossing and heading techniques.

Procedure: The squad is divided into two teams, each with six players and one goalkeeper, in an area 20X40 yards wide. Three players act as retrievers, two as attackers looking for headers and the last one from the team crosses the ball. The game starts with one of the wingers crossing the ball for the two attackers to come to the near and far goal post areas to head for goal directly, or to set up one-touch shooting chances. As soon as the header, or shot, is taken the winger on the other side of the area crosses for his two attackers who must start from, and return to, their cone each time.

The players change over after a set time period.
Development: (a) Count the total number of headed goals per individual and group. (b) Allow the goalkeepers to come out for crosses. (c) Add a defender to challenge for the ball.



DEFENSIVE HEADER'S



Players forget that there are huge differences between defensive headers and offensive headers. Most of the time players practice heading, they are told to head the ball down in order to score. What these players don't realize is that there are reasons for heading a ball down in order to score and there are also reasons for heading a ball up and away in the defensive third of the field.

The main reason for heading a ball up in the defensive third of the field is that you want to clear the ball over the oncoming attackers. If you were to head the ball down, the likelihood of them being able to receive the ball at their feet. By heading the ball up and away, you decrease the chances of the opponent receiving the ball and being able to get to goal quickly.

If the defender is in the defensive third of the field and the ball is served in to her general area, a few decisions would have to be made. The first is whether there is time and space to receive the ball and bring it down to feet. If he makes the determination that there is not time to bring the ball down, then the next decision is whether the opportunity exists to play the ball down to a teammates feet. If this can not be done safely, then the next option is to clear the ball away from pressure. This usually means clearing the ball up and away from the oncoming players. Ideally, this header should be made toward the far corner flag on the same side of the field b(meaning if you are on the left side of the field, it should be headed toward the flag on the left side but closer to the goal you are attacking.

In order to head the ball up and away, you should make contact with the ball using your forehead. If the ball had a horizontal line through the center of the ball you would want to make contact just below this line (by doing this the ball will rise). Keep your eyes on the ball and generate power by coming forward with your upper body. Use the momentum of the ball, along with the power of your abs to get the ball over the oncoming opponents.

Heading from Crosses

Here are a couple of different exercises to teach heading from crosses.

Partners with ball, server and header. Seated header from serve back to server. change roles.

Squatting position diving header

Standing 5 yards from server, attack underhanded serve, head to feet, sprint to opposite side, repeat.

Server behind goal to attacking player jogging forward from 18 heading to goal with goalie

Add shoulder pressure defender to run with and to jump with attacking player in step 6

Add second attacking player, let defender play full pressure Move service to two crossing servers in outside channels, play 3 v 3 to two goals with goalies on short field, add two players in middle who play for attacking side to give 5 v 3 for team attacking goal each time. Add a second ball server behind the goal to provide rebounds.

Play live, 5 v 5 to goals with goalies, restrict scoring to attacking headers or rebounds

A coaching point would be that players should make bending runs to goal so they can open their hips and face the ball coming in from the wing. Most players will start out by running straight to goal, and you have to train away from this, starting as soon as you have realistic ball services from the side.

CLEAR THE DECKS

Purpose: To develop crossing techniques and defensive heading skills.

Procedure: The squad splits into three groups of players. One group act as ball retrievers, another as defenders and the last group have two players as attackers and two as crossers. The wingers, who have a good supply of balls, each cross a ball in turn into the penalty area, but not into the goal area which is 'no-man's-land'. The four defenders, lacking a goalkeeper, try to head the ball out of the marked out area while the two attackers attempt to score with headers or challenge for the ball. If the defenders fail to use sufficient power to 'clear the decks' so that the ball lands past the penalty area line, then the two attackers who are positioned outside the penalty area can combine with the attackers who are positioned and try to score while the four defenders come out quickly to block the shot. If the ball is cleared by a header which lands past the line, then the ball is returned to the wingers who cross alternately.

Development: (a) Count the total number of headed clearances and goals scored against the defenders. (b) Extend the danger zone so that headers need to be more powerful. (c) Add another attacker to the penalty box.



HEADING

Purpose: To develop crossing techniques and attacking /defending heading skills.

Procedure: The squad divides into two groups, each with a goalkeeper who is always in action. The games is played in an area approximately 40X50 yards wide, which has goals at each end plus a channel for a winger from each team to play inside. The teams play two-touch soccer and try to get the ball quickly to their own winger, who is restricted to the attacking half of the field and cannot be tackled in his channel. The



winger crosses the ball for attackers to attempt to score with headers while being challenged by defenders. At the conclusion of every attack the goalkeeper rolls the ball to one of his team-mates who has just been defending and their team try to get the ball to their winger so that they can attack the other goal.. Corners can be played, as can throw-ins

and free-kicks. The goal keeper may be restricted, initially, to his goal line.

Development: (a) count the number of successful headed clearances and goals scored. (b) Allow the winger to move out of his channel and another attacker to move into it to cross the ball. (c) Allow the goalkeeper to take crosses.

