

Coaching Outline

Name: Valley AFC Recreational Clinic - Age 8 and older

Topic: Juggling and Heading

Area: 35x25 per group

Objectives: Proper Technique of Heading and Juggling

Organization and Equipment:

Field Players: 8-12

Goalkeepers: 0

Balls: 10

▲ = cone

● = ball

Other Equipment: Discs, Tall cones or flags

Warm Up: Juggling

Set up: Grid is 35x25.

Rules: 1. Each player has their own ball. First juggling with just feet, then juggling with just thighs, then juggling with just head, then juggle with everything, then try starting with the ball on the ground. Do each one for a minute, trying to get a higher number each time.

2. With a partner. The first partner has the ball and tries to do one juggle and catch it. The second tries to do two and catch it, and so on trying to get as high a number as possible. They can use any surface.

Coaching Points: Make the surface flat, try not to have too much spin, keep your feet moving.

Exercise 1

Heading Progression

Setup: Players are in partners. There is one ball between the two.

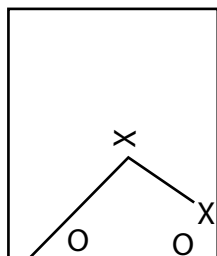
Rules: 1. One partner is sitting down, the other is standing up with the ball in their hand. The player tosses the ball to the seated player who heads it back. Each partner does 8-10 each. CP's- push through arms, hit right on the hair line, use the abs to power through.

2. Player heading is now kneeling. Same as before, but now we want them to use their quad muscles and abs to power through. They should land on their stomach.

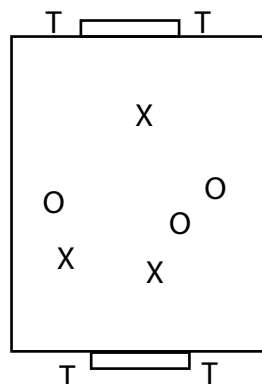
3. Player is standing. Do 5 offensive and 5 defensive headers.

4. Players now try to get as many head juggles in a row as they can. Defensive Headers.

Game 1



Game 2



Final Game

2v2 Heading

Set up: The grid is 8x10. There are 4 players per grid, teams of two.

Rules: Each team defends an endline, and that is their goal. One team runs down towards the opposing goal, and one player tosses the ball to the other player, who tries to head the ball across the opposing team's line. The defending team may use their hands or feet to stop the ball, but cannot come off the line. Goals must be head height and below.

Coaching Points: Offensive headers, hit above the equator of the ball. Tosser wants to be ahead of the header, to allow them to power through.

Targets for Head and Volley Goals

Setup: Grid is 30x25. There are two even teams.

Rules: On each team two target players are chosen. The target players stand on either side of the goal their team is scoring on. The players in the center must pass to one of the target players who toss the ball up for a header or a volley. Make sure to switch the targets so everyone plays on the inside of the grid.

Coaching Points: Same as above.

5v5/6v6 Free Play

Start all balls with a ball tossed up into the air. Try not to let it hit the ground.