



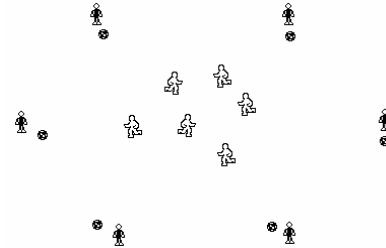
Heading / Volleying

By Mass Youth Staff Coach

OBJECTIVE: This session is designed to teach players the technical points of heading and volleying a ball.

1) Warm-up: Dutch Circle (15 minutes):

Half of the players (outsiders) create a circle with a diameter of about 25 yards. The outsiders are equipped with soccer balls in their hands. The other half of the players (insiders) are in the circle and do not have soccer balls. The outsiders must always be alert and on their toes ready to serve a lofted ball, at various heights, to an insider. The insiders move around to different outsiders and:



- head the ball to the hands of the outsider that served the ball to them
- head the ball to the feet of the outsider that served the ball to them
- head the ball over the head of the outsider that served the ball to them
- volley the ball with the inside of the foot to the hands of the outsider
- volley the ball with the laces of the foot to the hands of the outsider

Change insiders and outsiders every 2-3 minutes.

Coaching Points: (Heading)

- Keep eyes open and focused on the ball
- Mouth closed
- Surface of contact should be upper half of forehead
- Strike the ball, do not let the ball strike you
- Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- Players should tighten neck and torso, arch back and drive the head through the ball for maximum power
- Use arms for balance, protection and to create space

Mistakes to watch for: *(these are common mistakes that we want to watch for and correct.)*

- **Heading the ball with the top of head**
- **Closing eyes before they head the ball**
- **Not driving towards the ball (resulting in the ball hitting them)**

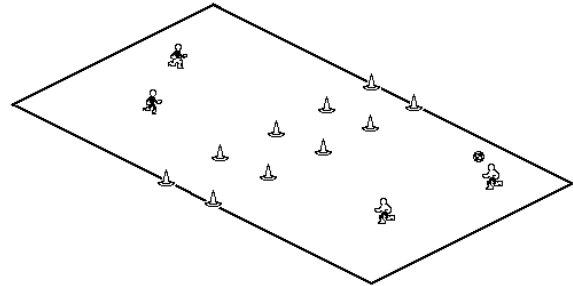
Coaching Points: (Volleying)

- Keep eyes open and focused on the ball
- Strike the ball, do not let the ball strike you
- Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up
- Surface of contact should be in the middle to upper half of the ball
- Players should lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley
- Use arms for balance.



2) Tennis (20 minutes): Organize teams of 2, 3 or 4. Set up multiple tennis courts (size depends on the numbers playing). For a doubles game (2v2), set up a grid 30-35 yards long x 15 yards wide. Include a central 3 yard alleyway across the width of the court, made from cones, to represent the net.

Team A serves the ball from behind their end line with a volley or half-volley kick to **Team B**. The ball must land in **Team B's** half court to be **GOOD**. However, **Team B** can choose to play the ball before the bounce or after the bounce. Depending on age and ability of the players, the rules can allow 1-2 bounces on a side, with a 3-4 touch limit between teammates (this allows for juggling). Balls can be headed or volleyed to the other **Team's** side.



Points can only be scored by the team that served the ball. If a ball lands in the central alleyway, it is **NO GOOD** (like a tennis ball going into the net). Follow regular tennis rules or adjust accordingly.

3) Team Handball (20 minutes): Organize players into 2 teams of 4, 5 or 6. Set up a 35 yard x 50 yard rectangular field with goals centrally located at each end. The 2 teams play this game by tossing the ball (with their hands) to their teammates (similar to basketball). Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by heading or volleying the ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team.

4) 6v6 Game (20 minutes): 2 Teams play a regular soccer game. Award 1pt for a goal scored normally; 3points for a goal that is scored as a result of a volley; and 5pts if a goal is scored from a header.

COOL- DOWN (10 minutes): Juggling in 2's and 3's only using feet and head. Static stretching of the major muscle groups.