

## **U-13 Week 6 Heading and Volleying Practice**

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

**Warm Up: 5min.**

**Juggling** – Everyone should begin to juggle upon arrival.

**Skill Work: 15 to 20min.**

**Windows Drill or Chaos in the Circle:**

The following game is used as a warm-up by the U.S. Women's National Team as a way to work trapping skills in a match related type of environment.

The drills usually start with each of the players on the exterior with a ball. For example one would be a large circle (25 to 30 yards in diameter) with players on the outside of the circle with a ball and an equal number of players on the interior.

Players outside would toss a ball to a player inside the circle who would head it back. The interior player would then move and look for another outside (of the circle) player to toss them a ball.

These are continuous movement exercises. Other similar drills are where the player inside the circle has to perform some task (trap, pass, move, etc.) and then look for another outside player to pass to them.

Have the players perform these tasks:

- Pass on ground from server - one touch back to server and then look for a different server. Do right foot only for one minute and left foot only for one minute. (Play two touch and use outsides of feet only to receive the ball)
- Pass on ground from server - receiver makes first touch away from pressure and then finds another open player (one without a ball" on the outside of the circle.
- 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 (Attacking Header)
- head the ball over the head of the outsider that served the ball to them (Defensive Header)
- 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 1 to 2 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.

### **Game Using Skill Topic: 15 to 20min.**

**Team Handball:** 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.

**Progression:** If the players are doing well with the game, then you can have them self serve volley the ball to another person on their team. Then that player does the same and so on. To score a goal they have to head the ball in from the volley pass.

### **Drill Using Topic: 15 to 20min.**

**Set Up:** Start by dividing the group into two equal teams, have half of the players of each team at opposite goal posts with all the balls equal spread between the two teams. The other half of the players should be in even lines with the goal posts at a cone 8 yards out facing the goal. Place another cone in the middle of the goal about 5 yards out.

Have one team start in goal, the other team will be the first team trying to score. The lines next to the goals start with a ball in their hands. They toss the ball to their teammate that is at the opposite line they try and head the ball into the goal. After the player tries to head the ball, they become the next goal keeper, the keeper then goes to their team's tossing line. Once they toss the ball, they go to the heading line. The opposite team is allowed to toss their ball to be headed as soon as the opposing team heads the ball and repeat. The players love this game and it will get real competitive. Play to a certain number of goals like 6, 8 or 10.

Progression: You can use the same set up and have the teams volley the ball instead of heading it. Also have the teams switch sides.

**6v6 Game (20minutes):** 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.