<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Description</th>
<th>Diagram</th>
<th>Coaching Points</th>
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<tr>
<td>1 Warm-up</td>
<td>Players move about in an unrestricted area tossing their ball in the air and heading it to themselves. Continue by accelerating the speed of movement and the number of times the ball must be headed. Stretch once the players are moving with an increased heart rate.</td>
<td><img src="image1.png" alt="Diagram" /></td>
<td>Look for eyes open and mouths closed. See which players display confidence while moving. Let one or two players direct the stretching.</td>
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<tr>
<td>2 Technical Emphasis - Heading</td>
<td>As in the above activities, each player tosses the ball in the air, heads it twice, and then heads it to another player. Progression – in groups of three or four, players try to keep the headed ball alive. Condition – that no player can head the ball more than once before each of the other players head it.</td>
<td><img src="image2.png" alt="Diagram" /></td>
<td>At first the balls will be all over the place, but they'll solve it. As soon as two players do it correctly, stop the session and praise them. Create a competition between groups of players. Encourage groups to move as they head the ball.</td>
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### 3 Small Sided Activity

Using small-sided teams (3 v 3 or 4 v 4), play to a goal by hand passing to the head.

Points are awarded for heading balls properly while progressing toward the goal. A grand slam is a goal scored from a headed ball.

Since this is a game situation, tactics will be employed. Though emphasis is on heading, watch the choices made by the players.

### 4 Group Activity (Tactics – Decisions)

Play a 4 vs. 4 + goalkeepers match.

Divide the players into two teams and play on half a field with emphasis on completing a headed pass or scoring a goal with a head ball.

Watch for players who move to receive a headed pass. Successful passing indicates good decisions. Stop the play to praise players for sound tactical choices.

### 5 Cool-down

Spinal Extension – lie face down with arms by the sides. Tuck chin, pinch shoulder blades back & raise chest off the ground.

Body Curl – lie on back, bend knees into chest & put hands behind head. Exhale & curl upper body & pelvis toward each other & crunch into a ball.

Hip Adduction – lie on side with top leg bent & resting on the ground perpendicular to body. Lift bottom leg straight up, keeping the bottom foot parallel to the ground.

Neck – slow rotation of the head in all directions.