



Kentucky Youth Soccer Association Coach Education Lesson Plan



Topic = Defensive Heading from Crosses

Coach = Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in groups of three * One ball between the group of three players * The player in the middle, tosses the ball up for a player to head over their head to his or her team mate * The receiving player controls the ball and passes back to the server who picks it up and tosses it back for the second player to head the ball over * Rotate the server in and out every 60 seconds 	<ul style="list-style-type: none"> * Get in flight of the ball * Keep your eye on the ball * Bend the knees and have a sideways stance * Push through using the legs and upper torso for power * Lift up arms and use them to help with thrust * Connect on the middle third of the ball
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> * Set up 4 attackers v 3 Defenders and a GK in an area slightly wider and longer than the 18 yard box * The 2 wide players have to cross the ball outside the area * The 3 defenders can score by scoring in a counter goal, if they score directly off a header it is worth 3 points, if the goal is scored off an assist then it equals two goals. If they pass the ball around and score it equals as 1 goal * They play into the one two target players who switches the play through their team-mate and go out the other side * Attacking team try's to score in the big goal 	<ul style="list-style-type: none"> * Body Position needs to be open to server and other attackers * Get body in front of the attacker * Watch the flight of the ball * If the ball is in the air, head the ball away and at an angle. * Defenders and GK need to move up with the ball as they clear it <p>(Don't play corners)</p>
MATCH RELATED ACTIVITY 	<ul style="list-style-type: none"> * "Attack v Defence". * Use just under three quarters of a pitch * Set up the conditions to allow plenty of crosses be put in * You need to work with units of players (don't spend too much time with individuals). * Use a Linesman! 	<ul style="list-style-type: none"> * Team to stay connected * Runs tracking back
MATCH CONDITION ACTIVITY 	<ul style="list-style-type: none"> * 9 v 9 (including the GK'S). * " Box to Box " plus the Full width of the pitch. * "Coach One Team - One Theme". Condition the Team(s). Use starting positions. * Work down both sides of the pitch. * Use an Off-side line for Realism. 	KEY TO DIAGRAMS
COOL DOWN	Players pass and move in pairs. Stretch	

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