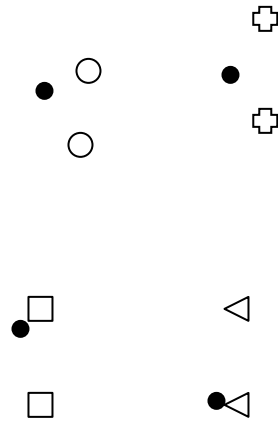
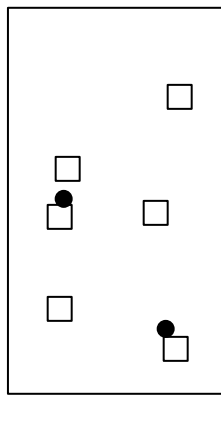
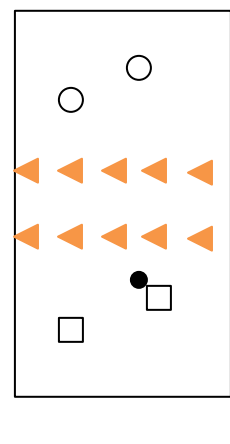
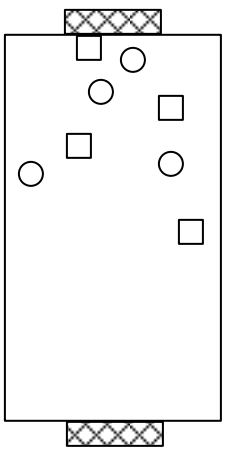


DIAGRAM	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> Everyone finds a partner and each pair needs a ball. One player tosses the ball and the other volleys or heads it back. Repeat 5-10 times and then switch who is tossing. Pairs compete in a juggling competition. Play always starts with a toss to the other partner and follows this sequence: toss, head, head, catch. Doing it this way automatically rotates who is tossing/catching. 1) head, head 2) thigh, foot 3) foot, foot 4) laces, laces 5) etc. 	<ul style="list-style-type: none"> Practice heading at different levels <ul style="list-style-type: none"> At tossers feet (attacking heading) Over their head (defensive heading) Get in line with the flight of the ball Balance!!! Eyes open Visit www.soccerplans.com and click on the 'Video' page to see different videos demonstrating the correct technique.
	<ul style="list-style-type: none"> Everyone is in a medium sized grid and a few players have soccer balls. The players with the soccer balls are "it" and try to tag other players. When tagged, that player has to take the ball and be it. Players tag other players by tossing the ball up to themselves and heading it off of someone else. 	<ul style="list-style-type: none"> Heading tips <ul style="list-style-type: none"> Eyes open when heading Hit ball with the top of the forehead (hairline) Neck is solid and doesn't move, the power comes from snapping at the hips (like a sit-up almost)
	<ul style="list-style-type: none"> Play 2v2 "tennis". Teams volley/head the ball back and forth over a line of cones. Vary how many times the ball can bounce on each side (1-2 times) and how many times a player can touch the ball (juggling) depending upon the skill level of the players. Follow tennis rules. 	<ul style="list-style-type: none"> Put arms up to protect personal space when heading (no head to head collisions please!) Functional juggling – it's one thing to juggle...can you make the ball go where you need it to go Appropriate pace
	<ul style="list-style-type: none"> Handball: Play 4v4 up to 6v6 to goals. Players pass the ball with their hands from player to player. A player can't take steps when they are holding the ball. Goals are scored by heading or volleying the ball into the goal. If the ball drops to the ground the other team starts with it from that point. 	<ul style="list-style-type: none"> Soccer movement Difficult to head the ball into a goal when it has been thrown from behind you....can the ball be played into the corner and then crossed???
<p>SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!</p>		