



## **Technical Learning Outcomes**

### **Heading (Defending)**

#### **Standing**

- Assesses the flight of the ball
- Body position is sideways on
- Step into the ball
- Lock the neck
- Eyes open
- Contact head – forehead above the eyebrow
- Contact ball – bottom
- Arch the back and shoulders pointing at target
- Objective is distance and height – far and wide from central areas

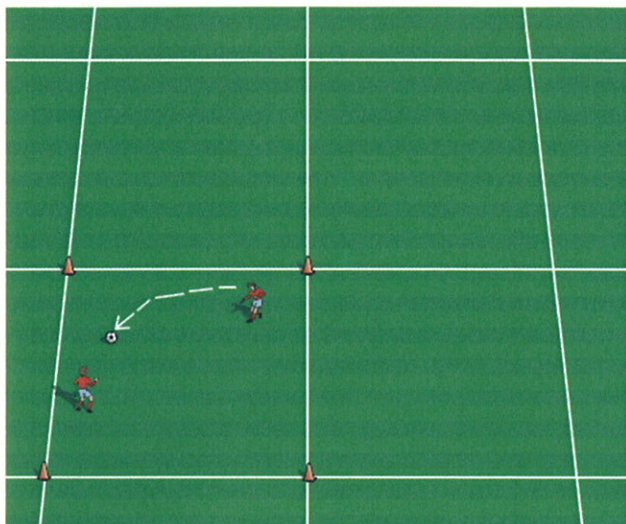
#### **Jumping**

- Assess the flight of the ball
- Time the jump to take the ball at your highest point
- Jump off one foot
- Attack the ball be aggressive
- Use arms to provide balance, protection and elevation



## New York Red Bulls – Practice Activity

Activity #	W1400	Curriculum	Advanced
Section	Warm Up	Topic	Defensive Heading
Key Learning Outcome(s)	Become comfortable using appropriate surface to head the ball		



**Activity W1400 – Advanced – Defensive Heading**

### Organization

1. 10 x 10 yard area (x6)
2. 12 players
3. Players in groups of 2
4. 6 Balls

### Instructions

1. Players score a point every time they head the ball in succession
2. Players restart from 0 if ball is dropped

### Coaching Points

1. Keep eyes on the ball and contact with forehead
2. Stay on toes and get in line with the ball

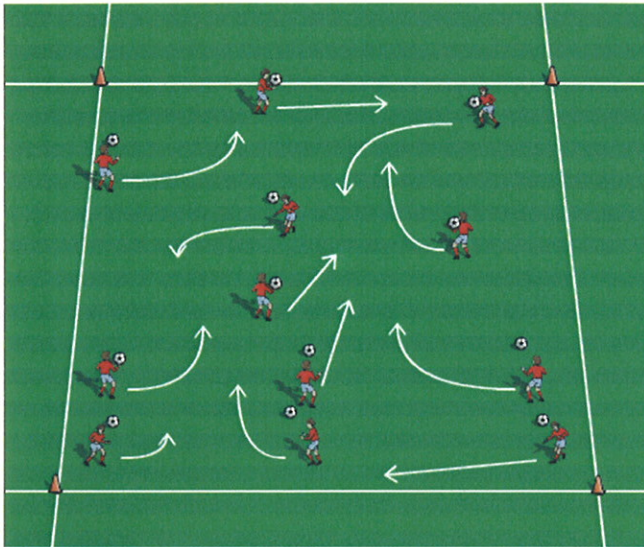
### Progression/Regression:

1. P - After first head, player takes a knee, second head, player takes two knees, third head player gets back up on one knee and fourth head, player get back up to standing position



## New York Red Bulls – Practice Activity

Activity #	W1401	Curriculum	Advanced
Section	Warm Up	Topic	Defensive Heading
Key Learning Outcome(s)	Become comfortable using appropriate surface to head the ball		



### Organization

1. 20 x 20 yard area
2. 12 players
3. 12 balls

### Activity W1401 – Advanced – Defensive Heading

#### Instructions

1. Each player moves around the area with ball in hands
2. Players throw the ball in to the air, head the ball and then catch it

#### Coaching Points

1. Keep eyes on the ball and contact with forehead
2. Keep the ball in front of face

#### Progression/Regression:

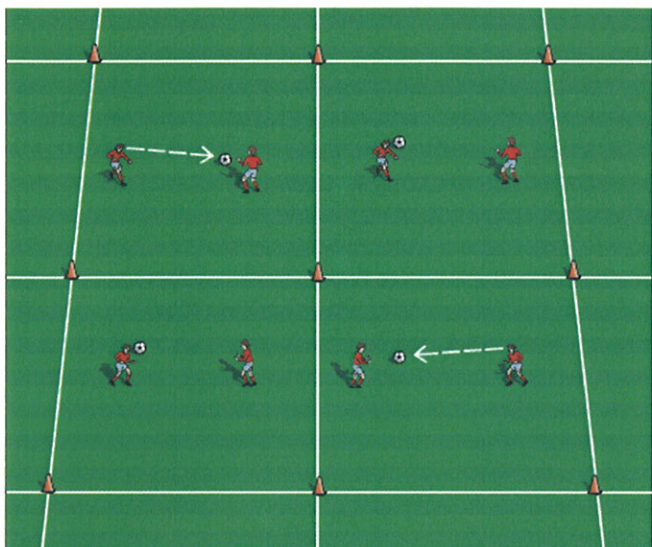
1. P – Two headed juggles, three headed and see who gets highest score





## New York Red Bulls – Practice Activity

Activity #	M1400	Curriculum	Advanced
Section	Main Theme	Topic	Defensive Heading
Key Learning Outcome(s)	Heading ball with direction and power		



**Activity M1400 – Advanced – Defensive Heading**

### Organization

1. 10 x 10 yard area (x 6)
2. 12 players
3. Players in groups of 2
4. 6 balls

### Instructions

1. Players score by heading the ball into partner's hands
2. Ball has to be pulled towards head using hands
3. Game lasts for 2 minutes then change partners

### Coaching Points

1. Step into the ball
2. Keep eyes open and mouth closed
3. Contact with forehead
4. Contact bottom/middle of the ball

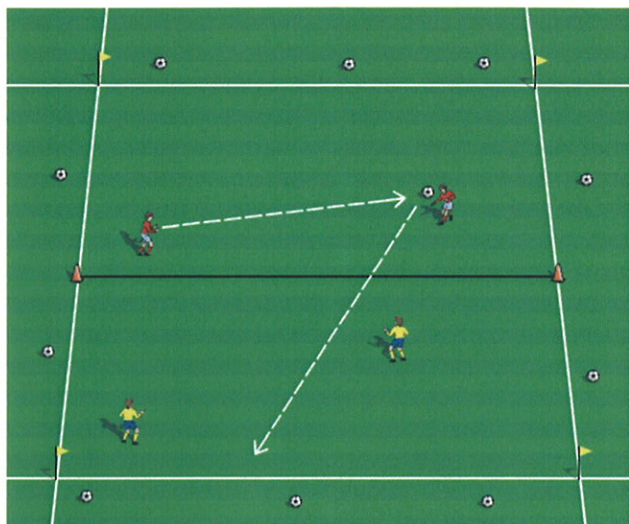
### Progression/Regression:

1. P – Players serve to each other



## New York Red Bulls – Practice Activity

Activity #	M1401	Curriculum	Advanced
Section	Main Theme	Topic	Defensive Heading
Key Learning Outcome(s)	Heading ball with height and direction		



**Activity M1401 – Advanced – Defensive Heading**

### Organization

1. 10 x 10 yard area (x 3)
2. 12 players (2vs. 2 each area)
3. Markers divide area in half
4. 1 ball (additional around the outside)

### Instructions

1. Teams score by heading ball over opponent's end line
2. Players have to stay in their half of the field
3. Players can use their hands to serve the ball to each other but may only use head to get the ball over the end line
4. Players can stop the ball going over line
5. Game is played for 5 minutes
6. Rotate teams after each game

### Coaching Points

1. Read the flight of the ball
2. Keep eyes open, mouth closed
3. Contact with forehead
4. Contact bottom of ball
5. Height and distance

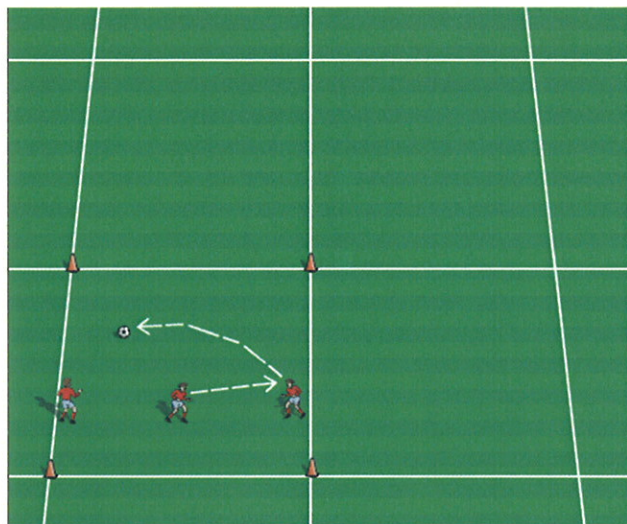
### Progression/Regression:

1. P – Players serve with feet
2. P – Players can save the ball from going over line by using hands



## New York Red Bulls – Practice Activity

Activity #	M1402	Curriculum	Advanced
Section	Main Theme	Topic	Defensive Heading
Key Learning Outcome(s)	Heading ball with height and direction		



**Activity M1402 – Advanced – Defensive Heading**

### Organization

1. 10 x 10 yard area (x 4)
2. 12 players (groups of 3)
3. 1 ball

### Instructions

1. Players score by getting ball over server's head and into player's hands
2. Server throws ball to player who heads over his head to opposite player
3. Opposite player players 1 touch into server's hands
4. Server then serves to the opposite player
5. Rotate players every minute

### Coaching Points

1. Read the flight of the ball
2. Keep eyes open, mouth closed
3. Contact with forehead
4. Contact bottom of ball
5. Height and distance

### Progression/Regression:

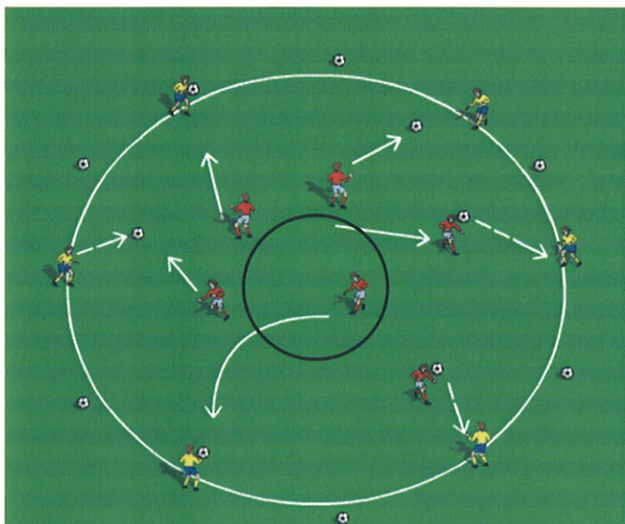
1. P – Vary the serve so the player has to adjust body position
2. P – Server uses feet making everything one touch (Elite Player Progression)





## New York Red Bulls – Practice Activity

Activity #	M1403	Curriculum	Advanced
Section	Main Theme	Topic	Defensive Heading
Key Learning Outcome(s)	Getting in line with ball and timing headers		



**Activity M1403 – Advanced – Defensive Heading**

### Organization

1. Center circle of full sized field
2. 12 players (6 Attackers, 6 Servers)
3. Small circle marked in middle of main area
4. 6 Balls (additional around the outside)

### Instructions

1. Players score by heading ball back to server's hands
2. Players move around the inside of the area receiving the ball from different servers
3. After each header, players must go back through marked area in middle before moving to new server
4. Game is played for 2 minutes then change players

### Coaching Points

1. Read the flight of the ball
2. Keep eyes open, mouth closed
3. Contact with forehead
4. Contact bottom/middle of the ball
5. Step into ball

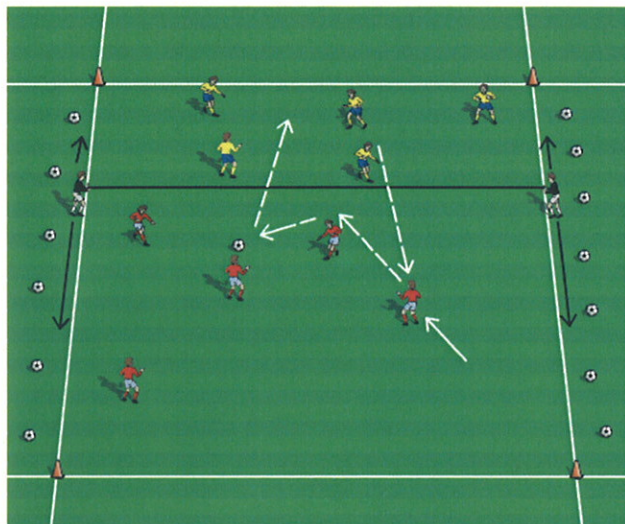
### Progression/Regression

1. P – Vary the serve so players have to jump
2. P – Add defender(s) to put pressure on players



## New York Red Bulls – Practice Activity

Activity #	C1400	Curriculum	Advanced
Section	Conditioned Game	Topic	Defensive Heading
Key Learning Outcome(s)	Read the flight of ball and clear with height and distance		



**Activity C1400 – Advanced – Defensive Heading**

### Organization

1. 30 x 10 yard area
2. 12 players (5 vs. 5, Neutrals on outside as net)
3. 1 ball (additional around the outside)

### Instructions

1. Teams score by heading ball over opponent's end line
2. Players have to get the ball over the imaginary net on to opponent's side using only head
3. Players have as many touches as needed to get the ball over
4. If the ball bounces in a team's area, the net moves to that position and the game starts again
5. If the ball is headed out of play on the side the net moves to where the position the player was in when the ball was headed
5. Game is started with a serve from the feet
6. Play for 5 minutes then rotate players

### Coaching Points

1. Read flight of ball and get in line early
2. Contact the bottom of the ball to get height and distance
3. Step into the ball to generate power

### Progression/Regression

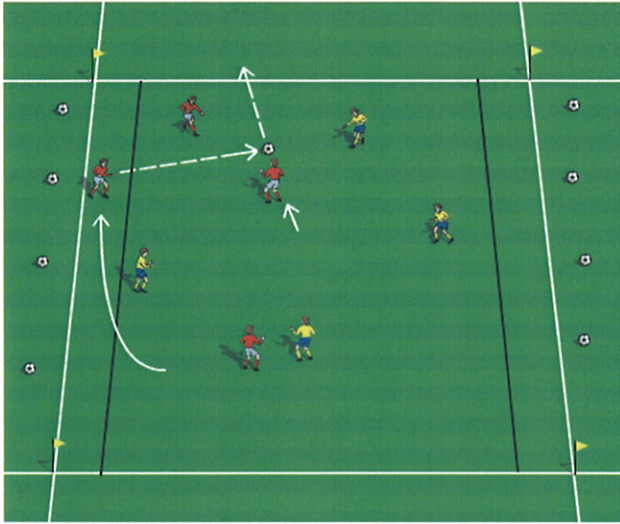
1. R – Players can use their hands to serve to each other
2. P – Players use their feet to keep the ball up and then head over





## New York Red Bulls – Practice Activity

Activity #	C1401	Curriculum	Advanced
Section	Conditioned Game	Topic	Defensive Heading
Key Learning Outcome(s)	Correct application of technique in game setting		



**Activity C1401 – Advanced – Defensive Heading**

### Organization

1. 40 x 35 yard area
2. 12 players (4vs. 4 with one team resting)
3. Two 5 yard areas marked on each side
4. 1 Ball (additional around the outside)

### Instructions

1. Teams score by heading ball over opponent's end line low to ground (Coaches discretion)
2. Players have to use their hands to move the ball around in the sequence serve – head – catch/score
3. If the ball is in their hands they can't move (Unless they are in the marked out wide areas)
4. Players can only be in wide areas for 2 seconds if not in possession the ball
5. Defenders can only intercept the ball to steel it
6. Play for 5 minutes then rotate teams

### Coaching Points

1. Read the flight of the ball
2. Time run onto the ball
3. Contact with forehead
4. Contact bottom of ball
5. Direct the ball over defenders
6. Attack the ball

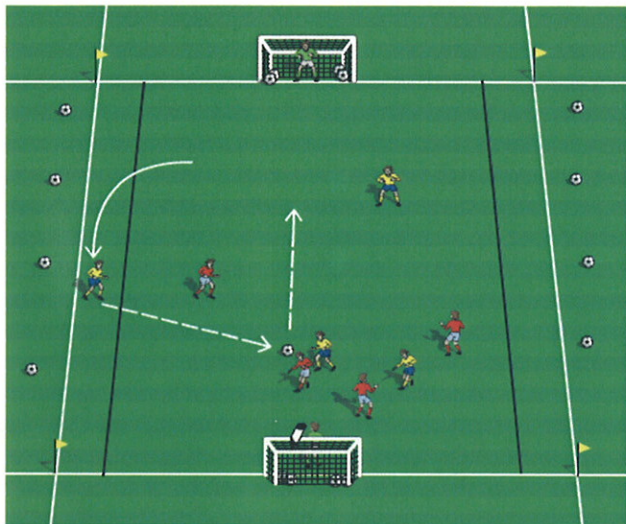
### Progression/Regression:

1. P – Remove the wide areas
2. P – Add target players using the resting team



## New York Red Bulls – Practice Activity

Activity #	C1402	Curriculum	Advanced
Section	Conditioned Game	Topic	Defensive Heading
Key Learning Outcome(s)	Correct application of technique in game settings		



**Activity C1402 – Advanced – Defensive Heading**

### Organization

1. 40 x 35 yard area
2. 12 players (4vs. 4 with one team resting)
3. Two 5 yard areas marked on each side
4. Age specific goals
5. 1 Ball (additional around the outside)

### Instructions

1. Teams can only score using head
3. Players can dribble the ball into wide areas and be unopposed
4. Players can only be in wide areas for 2 seconds if not in possession of the ball
5. If ball leaves the area, game is restarted with kick in on the sides and corners as normal
6. Play for 5 minutes then rotate teams

### Coaching Points

1. Read the flight of the ball
2. Time run onto the ball
3. Contact with forehead
4. Contact bottom of the ball
5. Height and distance on clearance
6. Attack the ball

### Progression/Regression:

1. P – Remove the wide areas
2. R – Use hands to move the ball around