



SOCCKER COACH
Norbert Altenstad
Tel: 514-717-5373
E-mail: nstad@sympatico.ca



Heading & Volleying (To Clear)

OBJECTIVE: To help our players recognize when to clear the ball. To help our players improve in the techniques of heading and volleying when clearing the ball.

1) Warm-up - Heading Progression (10-15 minutes):

a) **Seated**—2 players per ball positioned 1-2 feet apart, facing each other. One player sits on the ground with legs out in front and their partner gently serves the ball toward their head. The seated player must head the ball back to their partner. The purpose for this activity is to make sure that the players are using the proper part of their head, tightening their necks and striking through the ball.

b) **Knees**--One partner on knees. When the ball is served, player snaps torso and neck forward to head ball back to their partner.

c) **Standing**--Standing on balls of feet with one foot forward, partner heads ball back to server with power and accuracy.

Note: This progression can be done in 10-15 minutes once players become familiar with it. It is a quick and effective way to make sure our players master heading

Coaching Points: (Heading)

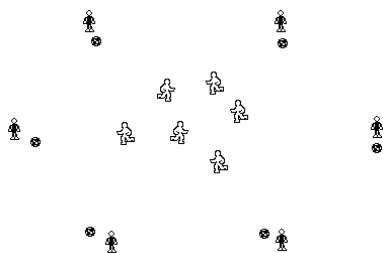
- Keep eyes open and focused on the ball
- Mouth closed
- Surface of contact should be the upper part of the forehead
- Strike the ball on the middle to lower half of the ball
- Players should arch their backs, tighten their necks and snap head and torso through ball for maximum power
- Use arms for 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 their eyes before they head the ball
- Not driving towards the ball (resulting in the ball hitting them in their face)

2) Dutch Circle (15 minutes):

Half of the players create a 25-35 yard outer circle and have balls. These players must always be alert and on their toes. The other half of the players are in the middle of this circle and do not have soccer balls. The inner players check to players on the outside who serve an air ball to them. The inside players play the ball back to the player who served it to them with their head or the inside or instep of their foot (volley). They then check to another person on the outside who has a ball, repeat this process for about 2-3 minutes until coach switches players from outside to inside.





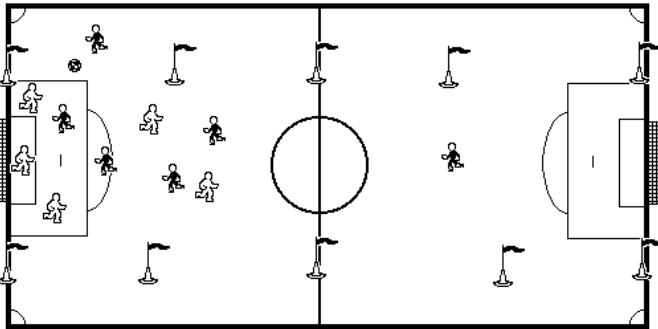
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Coaching Points: (Volleying)

- Keep eyes focused on the ball
- Use the inside of the foot or the instep of the foot to strike up and through the ball
- Strike the ball, do not let the ball strike you
- Surface of contact should be in the middle to lower half of the ball
- Use arms for balance

3) Channel Game (20 minutes): The players will split into 2 teams. On either side of the field there will be channels length wise. The players will play a regular game inside the middle of the field. An attacking player can dribble into the channel in order to cross the ball. No defenders may go in the channels to chase him. 2 points will be awarded for a goal by the attacking team. The defending team will get 1 point every time they defend a cross with a header or volley and clear it out of danger. Focus on timing and direction of their clearances.



4) 6v6 Game (25 minutes):

2 Teams play a game. 1pt is awarded for a goal. 1 pt is awarded if the defending team clears the ball by heading or volleying it.

Coaching Points:

- Same as above
- Keep reminding players to hit the ball on the bottom ½ to clear it up and away.

COOL- DOWN (10 minutes): Juggling in 2's and 3's only using their feet or head. Static stretching of the major muscle groups.