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	US Y UUIH SOCCER	Lesson	Plan	US <b>Y</b> OUTH Soccer	Topic: Heading Age: U10
Activity Name	Descri	ption	Diag	ram	Purpose/Coaching Points
Head It/Catch It	A circle of players su coach/server. Server softly tosses ball to p ball is in the air the se "head it" or "catch it" must do the opposite. point are given. The i least points in a perio <b>Progress:</b> Increase m players. Increase the	moves around, layers head. As erver calls out ' and the player A mistake and a dea is to have the d of time. umber of servers to	X X X X X X X	X X X	<ul> <li>Introduction to heading</li> <li>Concentration of commands</li> </ul>
2 Heading Juggling	In pairs, in an open at heading to each other successful exchanges opportunity to beat pr <b>Progress:</b> Have playe the field heading in p Players may juggle w heading back to partr	counting . Give players revious score. ers move across airs. rith head before	X1 •	→ X2 → X4	<ul> <li>Controlled heading</li> <li>Eye on the ball –read flight of ball</li> <li>Area of contact</li> </ul>



