



Hearts u13/u14 - Defensive Heading

Category: Functional: Defender

Difficulty: Difficult | Start Time: 09-Oct-2015 18:10h

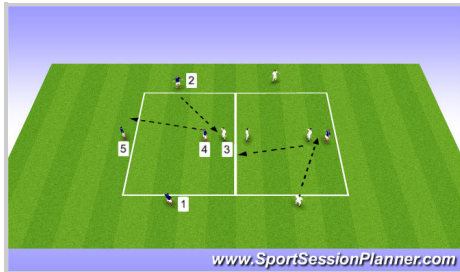
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Description

Defensive Heading - Position Specific Defending session

Defensive Heading Technical Practise (15 mins)



Defensive Heading - Technical Practise - 15 mins

Organisation - (20 x 30yd box)

Balls are fed in by hand from wide players (1 or 2), for central player (3) to head away (towards 5), player 4 applies passive pressure.

Rotation / Progression

Working player changes every six headers. Change type of feed from undearm lob to throw in to volleyed ball in.

Coaching Points

- 1) Body Position - 3/4 side on, body open to see attacker and facing direction of clearing header
- 2) Arms length away from attacker - close enough to step in front but far enough away to attack the ball
- 3) On front foot to get to the ball before attacker
- 4) Attack over the shoulder of attacker
- 5) Height and distance on header / meet the ball and your highest point

Conditioned Game (10 mins)



Conditioned Game - 15 mins

Organisation (36yds x full width)

3v3 game with two goalkeepers and two neutral players in wide zones. Ball starts with keeper feeding wide and neutral player crosses for defenders and attacker to compete for the ball.

Rotation / Progression

Players swap positions / becomes a conditioned game with outfielders playing pass into wide area.

Coaching Points

- Technical points consolidated from previous practise
- Cover position of second defender
- One defender close to attacker
- Defend second ball / clear ball effectively