



Arlington Lesson Plans (7th Grade- HS / U13 - HS Age Groups) - Topic: Volley Kick & Heading

Category: Technical: Heading

Difficulty: Moderate

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Description

Lesson Plan created by Eddie Lima (Assistant Director of Coaching Education)

Volley Kick Technique

Volley kick Technique:

- Look at the goalkeeper before volleying the ball.
- Approach the ball at an angle when the ball is coming down.
- Don't get too close or too far away from the ball when you are about to kick. "arms length".
- Lean your shoulders over the ball.
- Plant your non-kicking foot towards the goal.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces by pointing your toes down.
- After making contact with the ball, follow through in a kicking motion towards the goal. "straight".



Technique: Heading

Heading Technique

- Keep your eyes open all the time.
- Use your forehead to head the ball.
- Open your arms and bend your knees to keep you in balance.
- Bend your body back and swing forward when the ball approaches.
- You can keep one foot in front of the other or both feet together with a little distance apart.

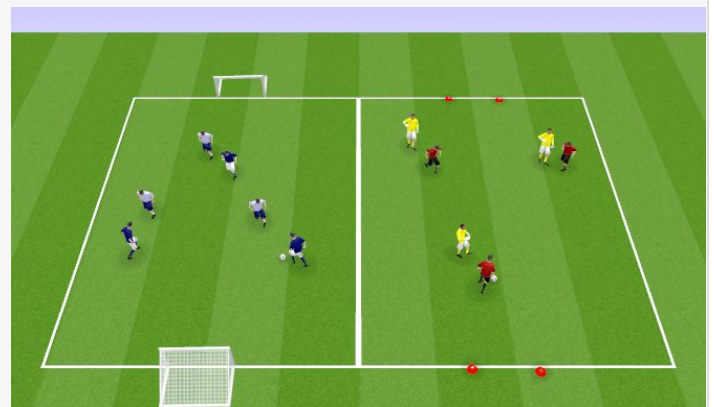


Activity: Small side games (10 mins)

How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to play "small side games".

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games.



Volley Kick and/or Heading (15 mins)

How the game is played: 4 players per grid. You can have extra players collecting the balls.

Example: A

- Players # 1 and #2 will play against players #3 and #4.
- Player "#1" throw the ball to player "#2". The player "#2" try to volley or head the ball toward the goal (score between the flags). The player "#3" try to defend as (GK).

After the play is finished ...

Example B

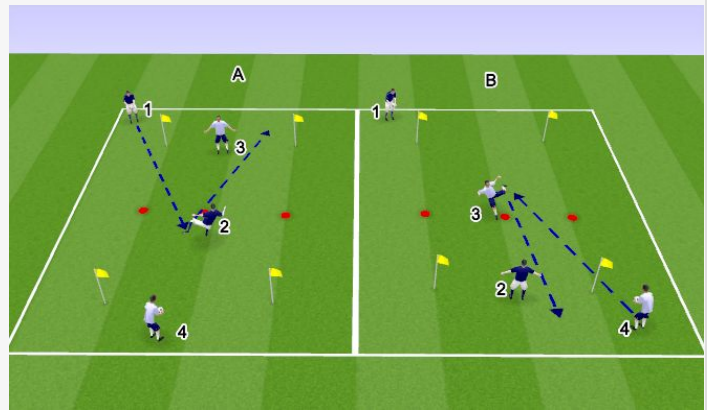
The player "#2" will go back and defend his/her own goal. Player "#4" will throw the ball to the player "#3" that will try to volley or head the ball toward the goal (score between the flags). The player "#2" try to defend as (GK).

- Players cannot cross the middle line. They must volley or head the ball behind the midline ('red' line).
- If the ball goes over the flag is not a goal.
- If you do not have flags you can use cones so if the ball goes over the GK head it is not a goal.
- After 5 minutes the players switch (Blue Player 1 with Blue Player 2 & Gray Play 3 with Gray Player 4).

IMPORTANT!!!!

- **Players cannot volley the ball very hard. They must place the ball.**
- **Players cannot do diving headers!**

Variations/Progression: You can make a rule that the ball can bounce or not before volleying the ball.



Volley kick and Heading (15 mins)

How the game is played:

- The player on station #1 throws the ball to the player on station #6.
- The player on station #1 should aim towards the "penalty line" ...
- Player on station #6 should run towards the penalty line to finish on header or volley kick.
- After finishing the play, the players switch (station 1 with station 6)

Variations/Progression:

Passer 2 = Receiver 5

Passer 3 = Receiver 4

Passer 4 = Receiver 3

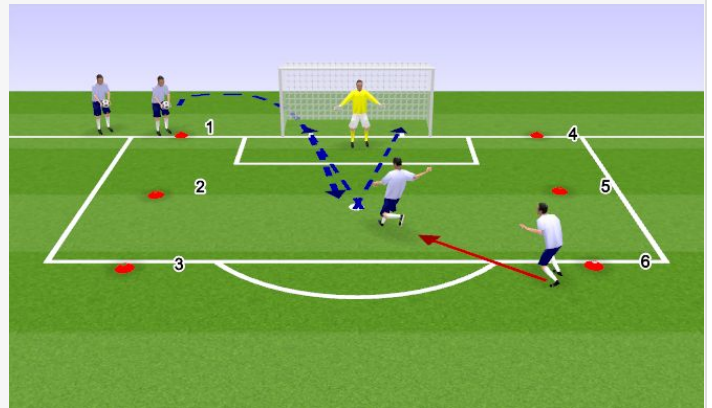
Passer 5 = Receiver 2

Passer 6 = Receiver 1

Receiving the ball from 1, 2, and 3, players must finish with the "right foot" on the volley kick

Receiving the ball from 4, 5, and 6, players must finish with the "left foot" on the volley kick

Variations/Progression: Competition between players or teams.



Activity: Scrimmage (20 mins)

How the game is played: Two teams will be formed like a regular scrimmage.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games.

