



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:

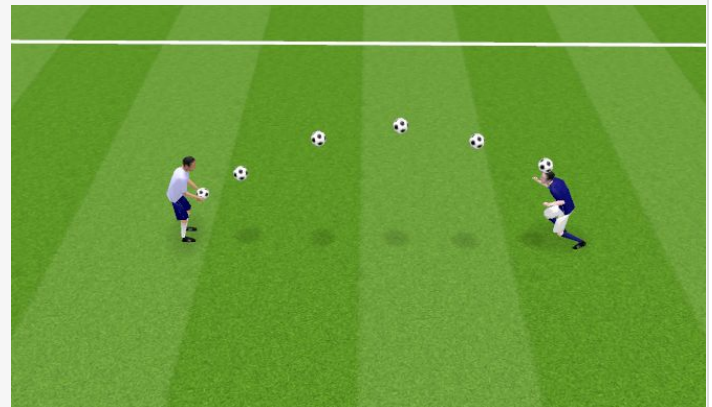
- Look at the goalkeeper before volleying the ball.
- Approach the ball at an angle when the ball is coming down.
- Don't get too close or too far away from the ball when you are about to kick. "arms length".
- Lean your shoulders over the ball.
- Plant your non-kicking foot towards the goal.
- Lock 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".



Heading Technique

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.



Activity: Volley Kick and Heading (10 mins)

How the game is played:

- In pairs stand opposite sides from each other
- Player #1 threw up the ball to player #2 and then volley back or head the ball back.
- After a few repetitions, switch
- Players can volley the ball with their laces or inside of their feet.

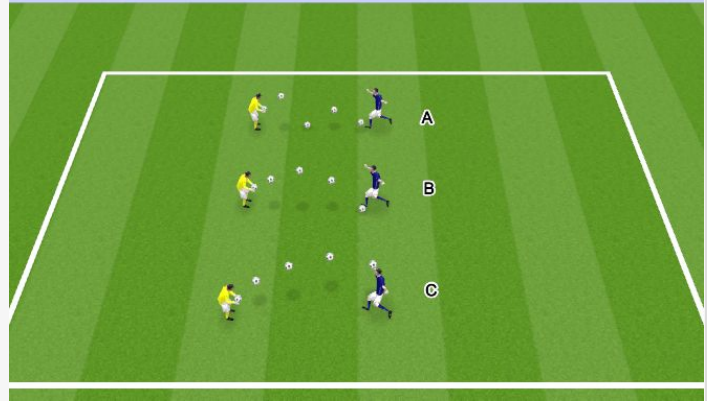
Options:

A = Throws the ball bouncing to volley back

B = Throws the ball straight toward another player's foot to volley back

C = Throws the ball straight toward another player and heads to head back.

Variations/Progression: Competition between groups. Head or volley 10 times without letting the ball drop. After both players complete the group that finishes first, wins.



Activity: Volley Kick and Heading (10 mins)

How the game is played:

- In pairs stand opposite sides from each other
- Player #1 threw up the ball to player #2 and then volley back or head the ball back. After the first volley or heading, they shuffle back and keep throwing and volleying/heading until they get to the opposite side of the field.
- They then swap over and go back to the starting line.

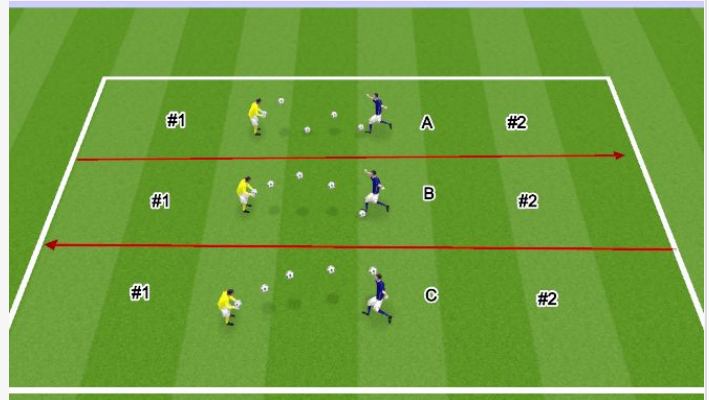
Options:

A = Throws the ball bouncing and volleys back

B = Throws the ball straight toward another player's foot to volley back

C = Throws the ball straight toward another player's head and head back.

Variations/Progression: Competition between groups. Who finishes first, wins.

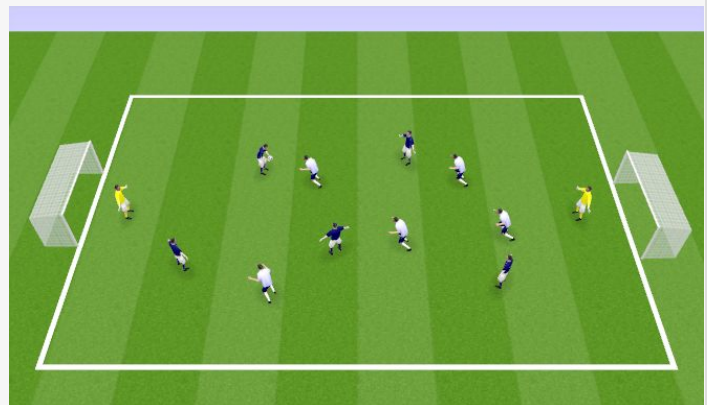


Activity: Hand Catch with a target "Goal" (10 mins)

How the game is played:

- Two teams will be formed like a regular scrimmage.
- Players are allowed to move/run with the ball.
- If the opponents touch the player that is holding the ball, the team loses possession.
- The opponents do not have to still the ball from the player's hands, only touch the player.
- The player that got touch must give the ball to another team and the first pass is free as long as do not go towards the goal.
- Players can throw the ball on the ground or air.
- The balls can be intercepted by another team.
- To score the player can not throw the ball into the designated target (goal). The only way players can score will be by heading or volleying the ball.
- The player can only finish if his/her teammate throws the ball and the player that receives the ball finish on header or volley kick.

Variations/Progression: Request the players to pass the ball on the volley kick or header.



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.

