



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

Category: Technical: Heading
Difficulty: Moderate

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Description

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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. "arm 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)

Number of players required: Full U13 or U14 Team

Equipment: many soccer balls 2 - 4 pug goals. if the coach does not have pug goals he/she can use cones as goals.

Grid requirement: Create 2 - 3 grids. The coach should use no more than 1/4 of the field for the session/activities.

2 grids = (1 grid is 1/8 of the full field)

3 grids = (1 grid is 1/9 of the full field)

Organization: All players are required to play within the grid.

How the game is played: From 2 to 4 teams will be formed like 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)

Number of players required: Full U13 and older teams

Equipment: Use cones or flags to create the goals. Small cones to divide the field and create the grids. Every group should have at least 2 balls

Grid requirement: Create many few 15 x 15 grids.

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

Example: A

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

- Players cannot cross the middle line. The 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)

Number of players required: Full U13 and older teams

Equipment: If you do not have a regular goal, you can use cones or flags to create the goal(s). 6 cones to organize the stations and at least half of players should have a ball.

Grid requirement: 2 cones at the end of the line on both sides (#1 and #4). About 5 yards from the goal. 2 cones in the same line as the penalty line (#2 and #5). 2 cones on the top of the boxline (#3 and #6)

How the game is played:

- Player on station #1 throws the ball to the player on station #6.
- 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)

Number of players required: Full U13 and older teams

Equipment: many soccer balls. For the 2 goals you can use pug goals or cones.

Grid requirement: Create a grid 55 yards long by 35 yards wide (1/4 of the full field). Coaches should not use more than 1/4 of the field for the scrimmage.

Organization: All players are required to play within the grid.

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

Variations/Progression:

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



