



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

**Category:** Technical: Heading  
**Difficulty:** Moderate

Eddie Lima, Bristow, United States of America  
Individual-Young Member

## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

### 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".



### 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)

**Number of players required:** Full U13 and older teams

**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.



## Activity: Volley Kick and Heading (10 mins)

**Number of players required:** Full U13 and older teams

**Equipment:** Each partner should have a ball.

**Grid requirement:** No grid is required!

**How the game is played:**

- In pairs stand opposite side from each other
- The player #1 thrown up the ball to the players #2 and then volley back or head the ball back.
- After few repetitions, switch
- Players can volley the ball with their laces or inside of their foot.

**Options:**

A = Throws the ball bouncing to volley back

B = Throws the ball straight towards another player foot to volley back

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

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



## Activity: Volley Kick and Heading (10 mins)

**Number of players required:** Full U13 and older teams

**Equipment:** Each partner should have a ball.

**Grid requirement:** Create a 40 x 40 grid.

**How the game is played:**

- In pairs stand opposite side from each other
- The player #1 thrown up the ball to the players #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.

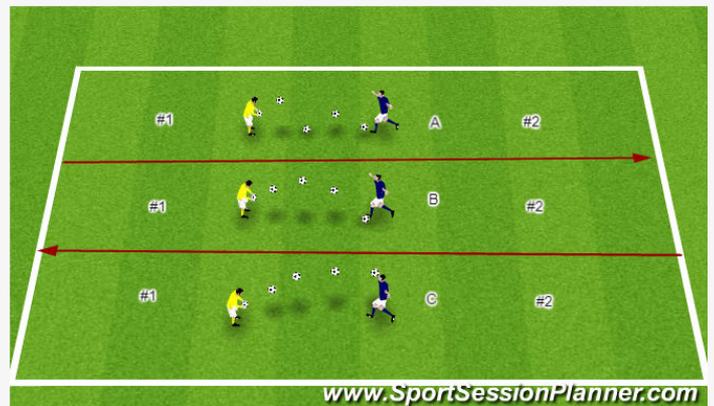
**Options:**

A = Throws the ball bouncing and volley back

B = Throws the ball straight towards another player foot to volley back

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

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



## Activity: Hand Catch with a target "Goal" (10 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 activity.

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

**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 lose 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)

**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.

