



Coach: GONDEK

Topic: HEADING (Defensive)

Date: 2/26/05

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> Brazilian Warm-Up - Play toss and head back - switch roles 	<ul style="list-style-type: none"> Contact point Eyes on ball Spap
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> Functional Training for Defensive heading - Aerial service - Add pressure (attacker) - 2v2 → 2v1 	<ul style="list-style-type: none"> All of above Go off two feet for balance Go off one foot for height
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> 5v5+GK (Channels) - Players are free in channels on attack 	<ul style="list-style-type: none"> All of above Vision Timing Desire!
<p>MATCH CONDITION ACTIVITY</p> <p>5v5 + GK's</p>	<ul style="list-style-type: none"> Unrestricted game Let them play 	<ul style="list-style-type: none"> All of above Vision Decision-making
<p>COOL DOWN</p>		