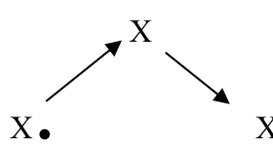
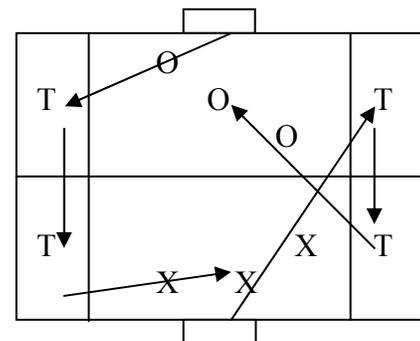
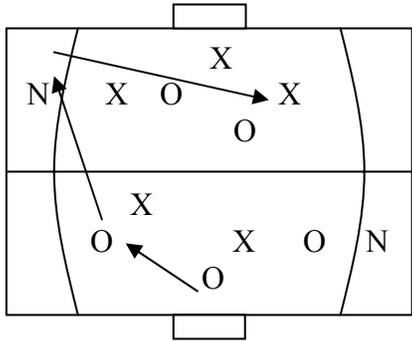
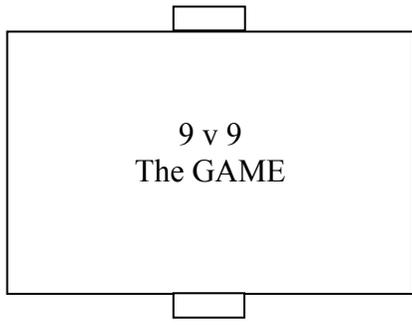


Topic: **Defending High Balls**

Organization	Variations/Principles	Diagram	Coaching Points
Fundamental			
<p>Technical heading work in pairs (server and header), one ball between two.</p> <p>Technical heading work in groups of three (two servers and one header), one ball between three. Stretch.</p>	<p>Phase I:</p> <ul style="list-style-type: none"> Start about 5 yards apart. Check away, return and head ball from server. Focus on bottom ½ of the ball and get the ball “up and out”. Rotate every 8-10. Rotate and repeat. <p>Phase II:</p> <ul style="list-style-type: none"> Check away, return and head ball to opposite server. Focus on redirecting the ball. Rotate and repeat. 	<p>1.</p>  <p>2.</p> 	<ul style="list-style-type: none"> ✓ Body mechanics, shape and balance ✓ Eye on the ball – read the flight of the ball ✓ Body in line of flight with the ball ✓ Upper body and legs to generate power ✓ Foot positioning
Match Related I			
<p>3 v 3 + 4 with goalkeepers to two large goals (36 x 70, full length, with four “free” target zones). Target players play unopposed in the “free” zones and service crosses.</p>	<ul style="list-style-type: none"> Each team stays in their own half of the field. Service begins with the one of the two goalkeepers. Rotate direction. If the ball is serviced to the far zone, the target player passes to the back zone and an early ball is delivered. If the ball is serviced to the near zone, the target player passes forward to the forward zone and an early ball is delivered. Goals are awarded for defensive headers cleared completely out of the defensive half of the field or to a target player other than the one who crossed the ball. 	<p>36 x 70 (Full Width)</p> 	<ul style="list-style-type: none"> ✓ Timing of jump to attack ball at your highest point ✓ Adjust starting position as ball travels ✓ Assess flight of the ball (i.e., low, driven or flighted) ✓ Clearance high, wide and long ✓ Get behind ball quickly and be sure to defend back post

Topic: **Defending High Balls**

Match Related II			
<p>5 v 5 + 2 with goalkeepers to two large goals (50 x 70, with “free” bending outside channels, full width). Neutral wide players play for team in possession and service quality crosses.</p>	<ul style="list-style-type: none"> ▪ Each team must stay in their own half of the field. ▪ Neutral players play unopposed in the “free” channels to insure quality crossing opportunities. ▪ Pull the middle line and allow free play and allow one defender to pressure the outside flank player once a ball is played into the channel. ▪ Award goals for successful defensive clearance as needed. 	<p>50 x 70 (Full Width)</p> 	<ul style="list-style-type: none"> ✓ Tactical application of technique <ul style="list-style-type: none"> - Height for time - Width for safety - Power for distance ✓ Read the cues from the attacking team ✓ Compactness (up and in quickly) once the ball is cleared
Match Condition			
<p>8 v 8 with goalkeepers to two large goals (¾ field, full length).</p>	<ul style="list-style-type: none"> ▪ Possible formation 3:3:2 ▪ No restrictions 	<p>¾ Field</p> 	<ul style="list-style-type: none"> ✓ Counter attack once the ball is successfully cleared and possession is maintained ✓ Coach within the game ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session