



AZAM U13 MAY ATHLETES TRAINING SESSIONS: COACH SHABANI YASSIN

SESSION: **HEADING** Technique

This session will help players:

- .develop confidence on heading the ball
- . develop passing,scoring and controlling with head
- .develop winning aerial duels
- . help to retaining possession

Week 1 (5-10)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm up	Techniques activation	Rondos game	Techniques activation	Ball control	Rondos game	FRIENDLY GAME
Main part	Heading drills	Co-ordination	Heading drills	Set pieces	Scoring drills	
Application	SSG	SSG	SSG	SSG	SSG	
TIME	3:30 PM	3:30 PM	3:30 PM	3:30 PM	7:30 AM	8:00 AM
DURATION	60mins	90mins	90mins	90mins	80mins	80mins
Week 2 (12-17)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm up	Technique activation	Rondos game	Techniques activation	Ball control	Rondos game	FRIENDLY GAME
Main part	Heading to pass	Co-ordination	Head receiving to pass	Set pieces	Scoring drills	
Application	SSG	SSG	SSG	SSG	SSG	
TIME	3:30 PM	3:30 PM	3:30 PM	3:30 PM	7:30 AM	7:30 AM
DURATION	60mins	90mins	90mins	90mins	80mins	80mins
Week 3 (19-24)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm up	Techniques activation	Rondos game	Techniques activation	Ball control	Rondos game	FRIENDLY GAME
Main part	Heading to Score	Co-ordination	Heading to Score	Set pieces	Scoring drills	

Application	SSG	SSG	SSG	SSG	SSG	
TIME	3:30 PM	3:30 PM	3:30 PM	3:30PM	7:30 AM	7:30 AM
DURATION	60mins	90mins	90mins	90mins	80mins	80mins
Week 4(26-31)	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm up	Techniques activation	Rondos game	Techniques activation	Ball control	Rondos game	FRIENDLY GAME
Main part	Heading to defend	Co-ordination	Heading to defend	Set pieces	Defending drill	
Application	SSG	SSG	SSG	SSG	SSG	
TIME	3:30 PM	3:30 PM	3:30 PM	3:30 PM	7:30 AM	8:00 AM
DURATION	60mins	90mins	90mins	90mins	80mins	80mins