

## PHASE 1

1. CHASE
2. LAUNCHPAD
3. SIM
4. ACE

## ACTIVITY 3: SIM

**OVERVIEW:** SIM is a progressive heading exercise that provides an opportunity for players to gain confidence in heading the soccer ball by learning and practicing proper technique.

**PLAYERS:** Divided into pairs. One ball per pair. Each pair occupies a 6 X 6-yard box within the grid. The server starts on a corner cone. The working player starts in the center of the box.

### INSTRUCTION:

- Forehead Ball Balance Exercise and Competition
- Heading Progression – Coach chooses 3 of 4 exercises per session (12 headers total)
  - Stage 1 – Kneeling – 4 headers
  - Stage 2 – Standing – 4 headers (staggered stance; alternate right/left foot forward)
  - Stage 3 – Jumping – 4 headers (staggered stance; alternate right/left foot forward)
  - Stage 4 – Moving – 4 headers
    - The server directs the moving player to each of the four corners of the box. The moving player performs a jumping header upon each return to the center of the box.
- Players revisit the Ball Balance Competition between each stage. All players move from one stage to another together.

**COMPETITION:** Players count how long they can balance the ball on their forehead

### AERIAL TRAINING HEADING PROGRESSION



STAGE 1 - KNEELING



STAGE 2 - STANDING



STAGE 3 - JUMPING



STAGE 4 - MOVING