

<u>AGE</u>	<u>TRAINING FREQUENCY</u>	<u>METHODOLOGY</u>	<u>AREAS OF FOCUS</u>
<b>U4-U7</b>	None		Not appropriate to attempt heading
<b>U8-U9</b>	No formal training	Deflated ball size #1 or #2, or plastic light beach ball Balance Ball on forehead Head ball out of own hands/juggle and catch	Fun and body awareness
<b>U10</b>	1 Activity, 0-3 times per season	Deflated ball size #3 or #4, plastic light beach ball Head ball out of own hands/juggling Self-toss: lightweight ball	Comfort and basic technique Mouth closed Eyes open Forehead contact Heading at a goal



**Owasso Soccer Club**

**PRIDE**

Passion **R**espect **I**ntegrity **D**iscipline **E**xcellence