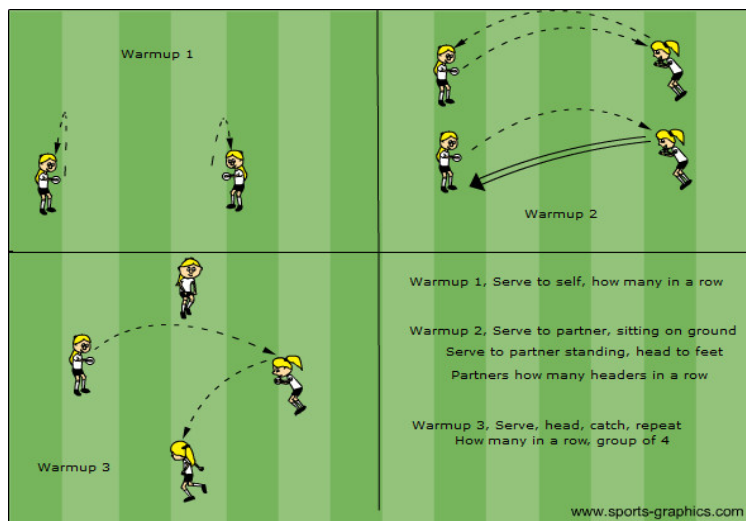




Heading Practice



Warm-up- Heading

1) Serve to yourself, head once. Then in a row.

2) Partners- Serve to partner who heads back to feet. Then How many in a row.

3) Groups of 3-4- Serve to partner who heads to a different partner. Then how many in a row.

CP-

- 1) Contact with forehead
- 2) Stiff neck muscles, attack the ball
- 3) Keep eyes open as long as possible
- 4) Lean back at the waist, feet at angle

Heading Game 1 - 2v2 on Flag goals

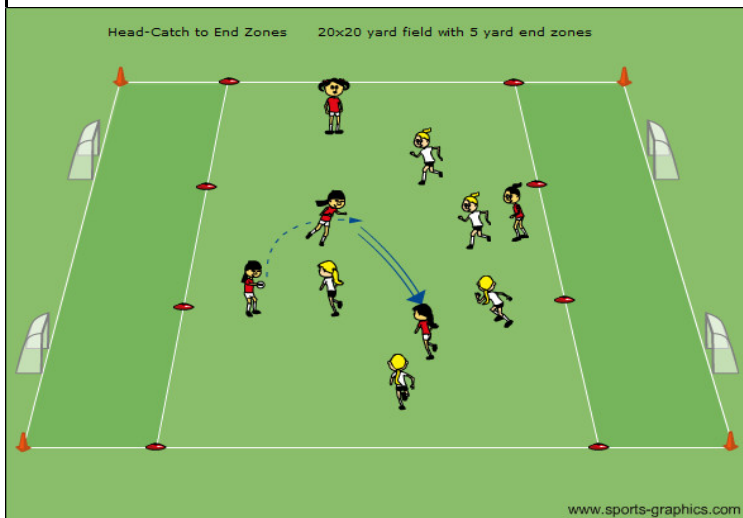
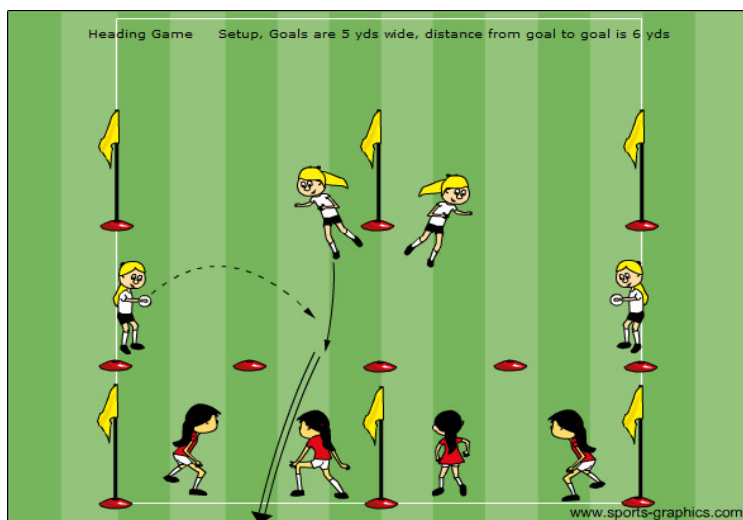
Setup- Field, 5 yard wide goals, 6 yards between goals with a halfway line between.

Game Play- Partners serve to each other, trying to head the ball into opposite goal, below the shoulders.

The two defending goalies try to save the ball, but can **NOT** use hands until the ball has stopped.

Defending team then goes on offense if the ball remains in their half.

- CP-**
- 1) Attack the ball with speed for more power
 - 2) Try to head ball down to goalies feet



Heading Game 2- 4v4-6v6 to End zones

Setup- 20x20 yard field with 5 yard end zones

Game Play- Players serve with hands to teammates, who then head to another teammate, who catches it. And repeat the process, trying to get a header to a teammate in the end zone.

1 point for head and catch into the end zone.

- Variations-**
- 1) Head on one of two goals for point
 - 2) Each head catch = 1 point, end zone = 5
 - 3) Head on one large goal with goalie in net
 - 4) Double header = 2