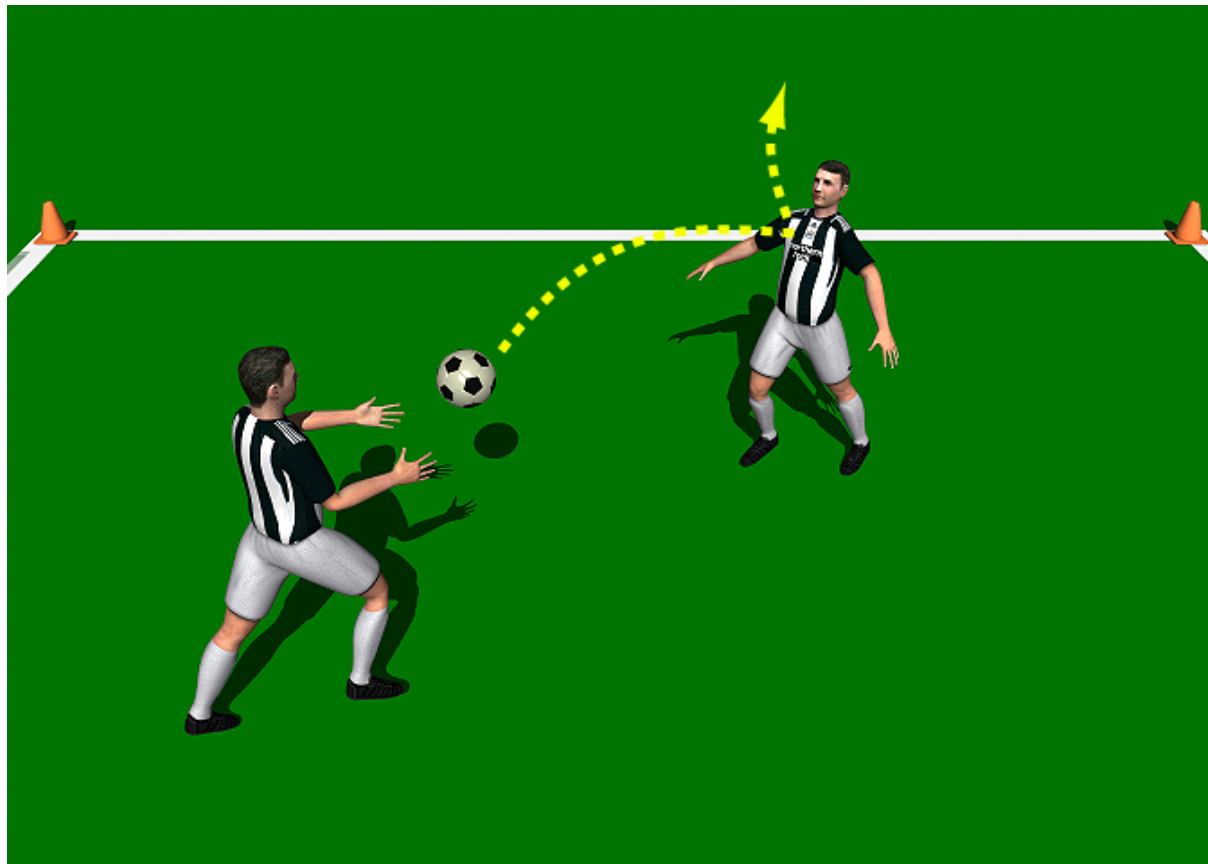


Chest and Head Game



Exercise Objectives:

This is a fun warm up activity as an intro to a heading session, it includes coordination and skill.

Coaching Pointers:

Divide the entire group into pairs. There should be at least 5 yards between each player. Use one ball. Player "A" serves and underhanded throw to player "B's" chest. Player "B" must chest the ball up into the air, then head t ball back to player "A's" hands. This is a lot harder than it seems. Perform 8 each and change roles.

Field Preparation

- ☆ 2 Players
- ☆ Area 10 yards x 10 Yards
- ☆ 1 Ball