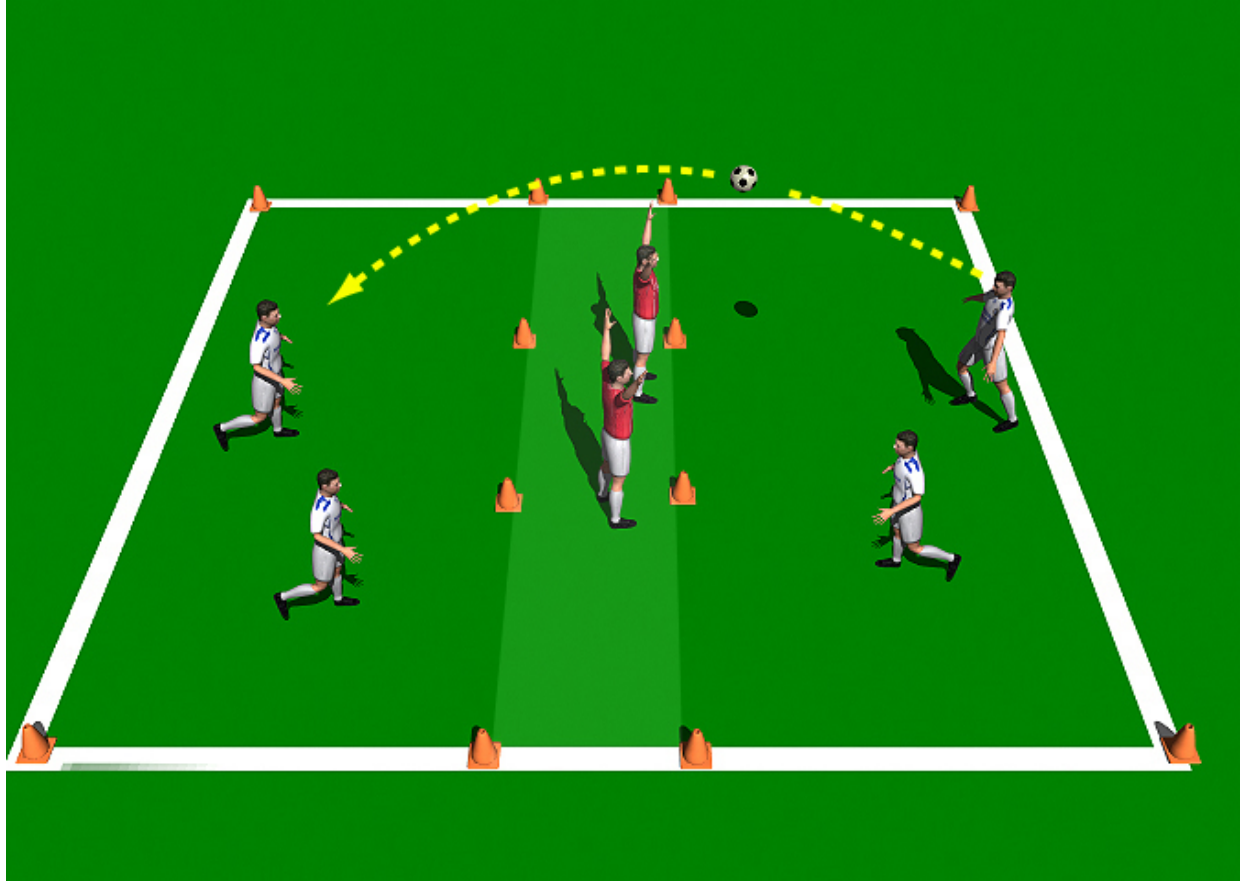


## Defensive Heading Game



### Exercise Objectives:

This is a great game to emphasize "Defensive Heading".. It can be used as a fun warm up activity or incorporated into a session for defensive heading. The emphasis is on "distance, height and power".

Players love to play this game!

### Field Preparation

- ☆ 4 players
- ☆ Area 10 x 10 yards
- ☆ Cones or Flag poles
- ☆ Supply of Balls

### Coaching Pointers:

Four players are positioned in a grid 10 yards x 10 yards, using one ball. The players are divided into teams of 2. The practice starts with 2 attacking players and (2 defensive players who are restricted to the middle zone). The attacking players attempt to head the ball over the 2 defensive players. Each time they head the ball over the defensive players they get a goal. The players can head the ball from their own hands or head the ball back if they receive a good serve from their partner.

☆ If the player heads the ball from their own hands and are successful, they get "one goal".

☆ If they can return a header without catching the ball they get 2 goals. If their partner can return a header it's worth 3 goals etc...

If the players in the middle block, or catch the ball, they now switch roles with the attackers.

First team to score 5 goals wins the competition.

**The coach should emphasize the following coaching points:**

- Get under the flight of the ball as early as possible for good balance.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- The player should swing the upper body forward quickly and make contact on the ball with the center of the forehead.
- The player should head the ball with height and distance.
- Do not tilt the head too far back or the ball will skim from the head.

Stand back and watch how much fun your players are having!