

Arsenal Attacking Heading Game



Exercise Objectives:

This practice will improve attacking "heading" techniques. This can also be used as a fun warm up activity with your team.

Coaching Pointers:

Divide the team into three groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "header". The team on offense receives the ball from the goalkeeper to head at goal. If the team score or is on target, they then turn and attack the opposite goal. If the team misses the target or the defending team can intercept the ball, the attacking team now become the defending team. Play until one team scores two goals, then rotate the groups.

Focus On:

- ☆ Good support movement off the ball.
- ☆ Quality heading techniques and timing or runs.

Variation:

- ☆ Have players serve the ball not the goalkeeper.
- ☆ Score with a volley
- ☆ Diving headers worth 3 goals.