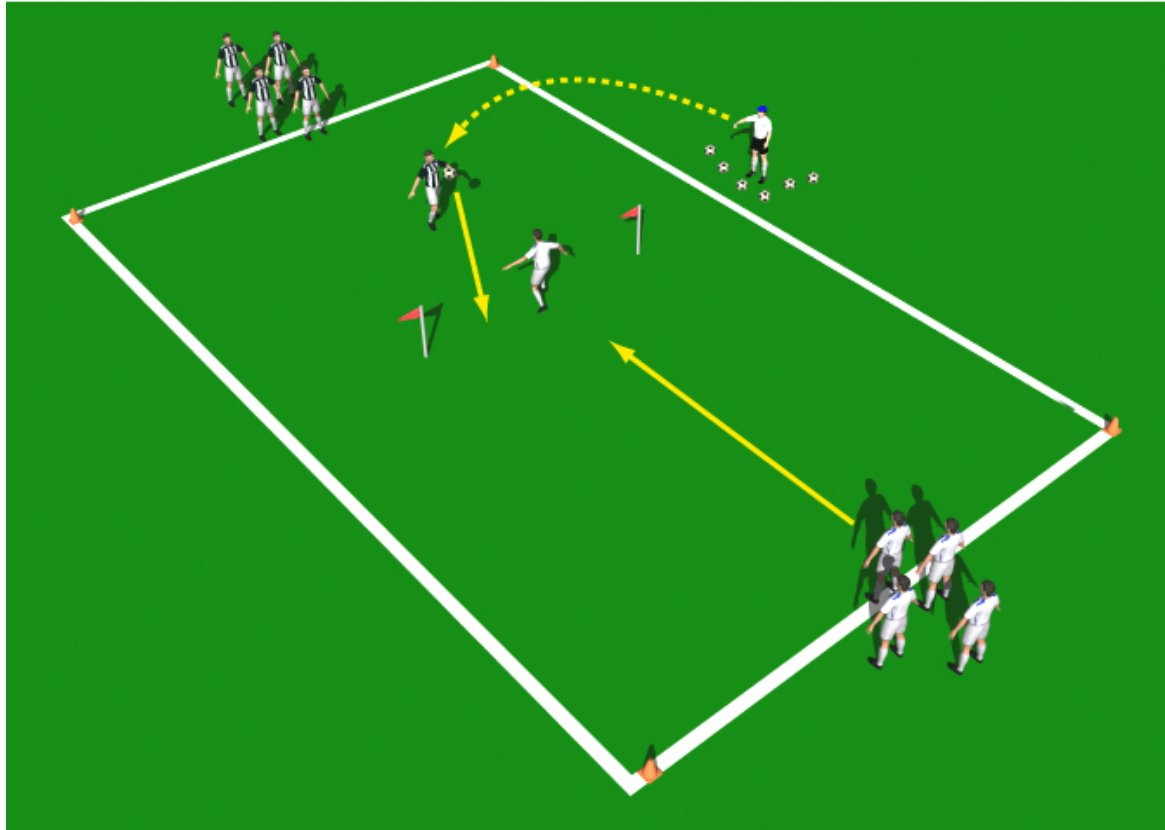


Fun Warm Up Heading



Exercise Objectives:

This is a fun attacking heading game to start off your practice session.

Field Preparation

☆ 2 flag poles, supply of balls,

Coaching Pointers:

Divided your group into two teams. A player from one team starts off as the goalkeeper. The coach serves the ball from the sideline. The first player on the opposite team runs forward to head the ball and try and score past the goalkeeper. After the attempt, the same player then becomes the goalkeeper. The first player from the white team then attacks the goal and tries to score a header. This sequence is repeated. First team to score 5 goals wins.