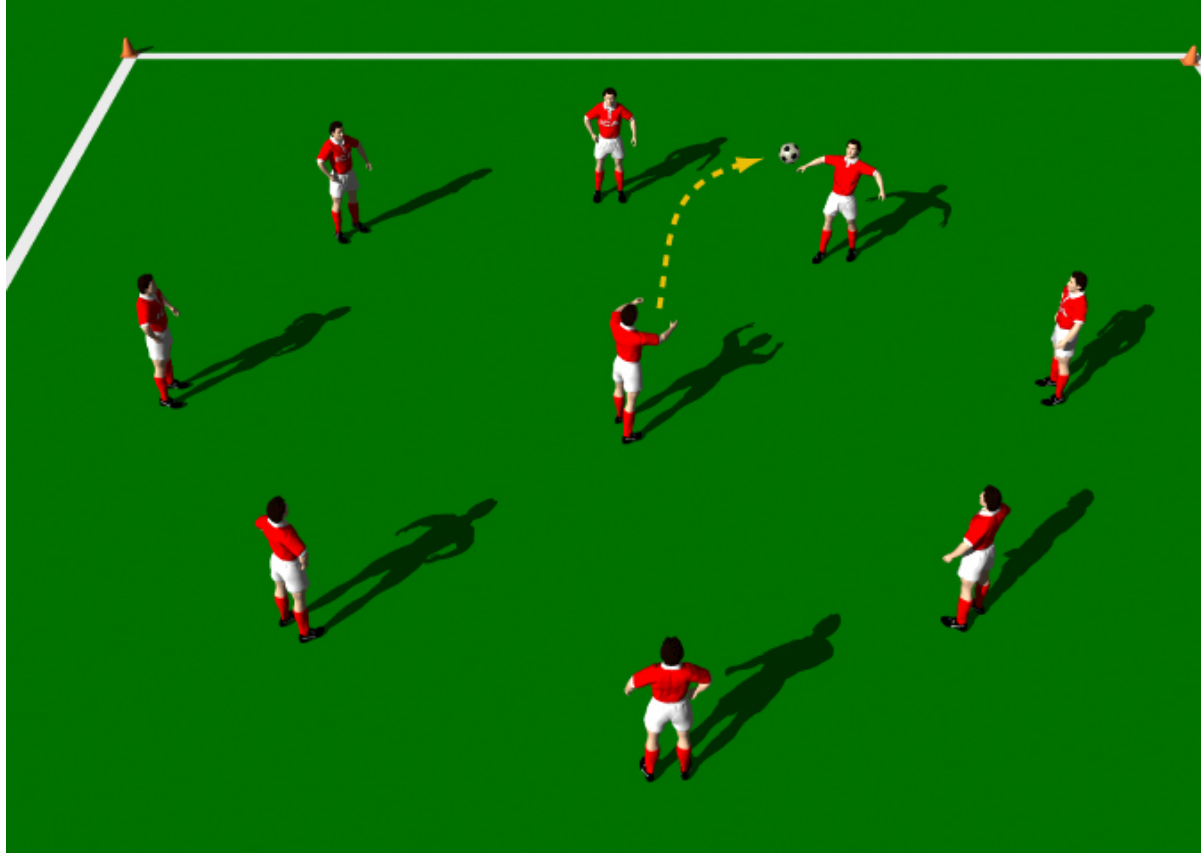


Head or Catch Reaction Game



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

Field Preparation

- ☆ Entire group of players
- ☆ Area 10 x 10 yards
- ☆ 1 Ball

Coaching Pointers:

A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH". If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts, "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coach's hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake, they are eliminated and sit on the ground. The last player standing wins.