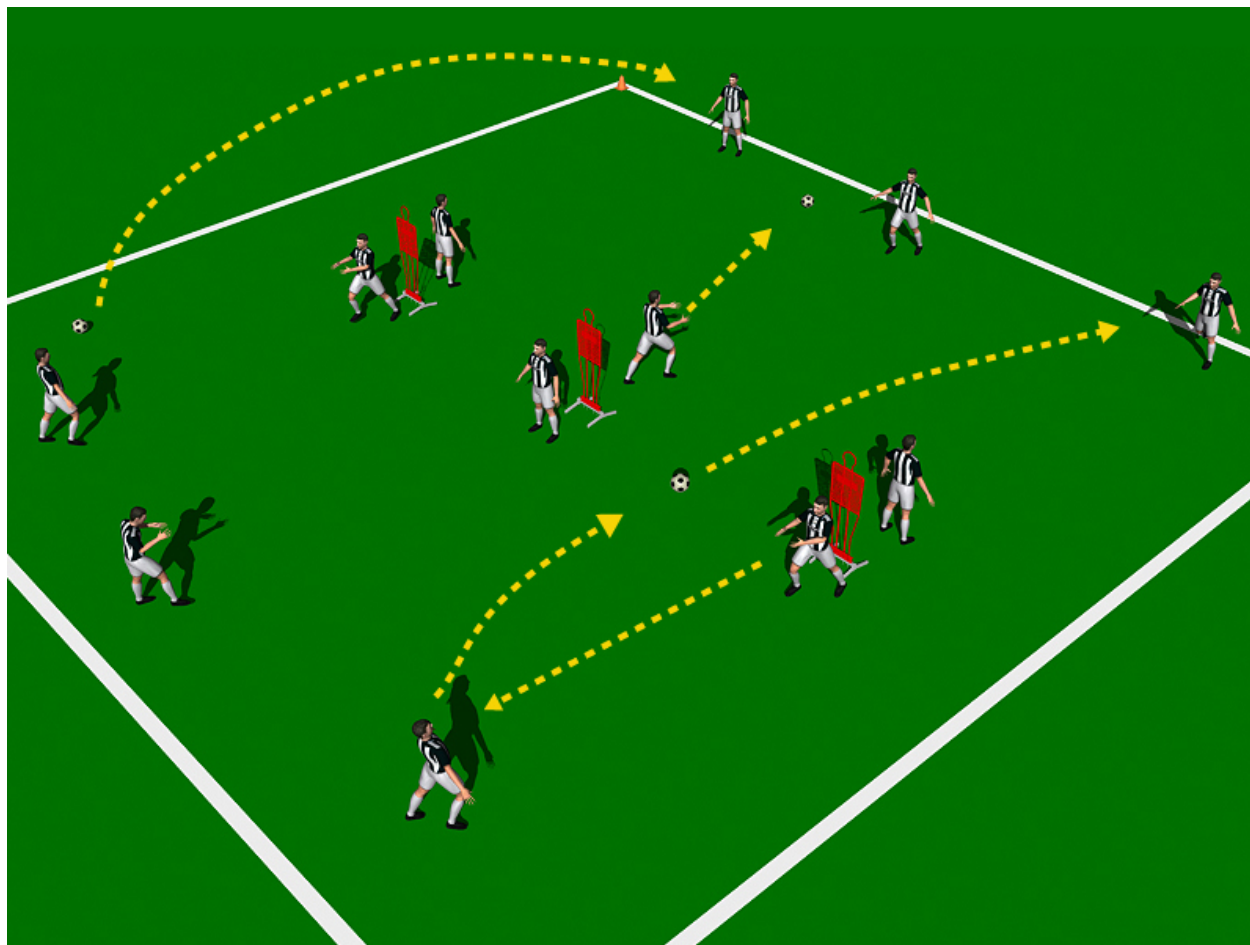


## Mannequin Defensive Heading Drill



### **Exercise Objectives:**

This practice drill is designed to help players improve on their “Defensive Heading” technique.

### **Coaching Pointers:**

Place four players inside the area as in the diagram above. Two servers, and two players heading the ball. The practice starts with one server throwing the ball for his teammate to head “Over” the mannequin to the opposite player. The object is for the player to head the ball far and high, for the opposite player to catch. The drill is then repeated from the opposite side. Swap roles after several minutes.

### **Focus On:**

**Step One:** The player should position his body behind the flight of the ball as early as possible. This will provide good composure and balance to attack the ball. The eyes should be fixed on the flight of the ball the back should be arched and neck muscle's tightened. The legs should be slightly bent, ready to extend when contact is made with the ball.

**Step Two:** Contact is made with the center of the forehead and contact should be made through the center and below the horizontal mid-line of the ball. Immediately on making contact with the ball, the player should quickly swing the upper body forward. The legs should be positioned one behind the other for extra balance. By pulling the arms back when making contact, more power can be achieved.

**Step Three:** When heading the ball defensively, the player should aim for distance, width and height. It is important for the player to develop an aggressive attitude towards defensive heading to win air balls consistently.

**Field Preparation:**

- ☆ Area approximately 30 yards x 30 yards.
- ☆ 4 Players per group
- ☆ Balls, bibs and cones
- ☆ Mannequins