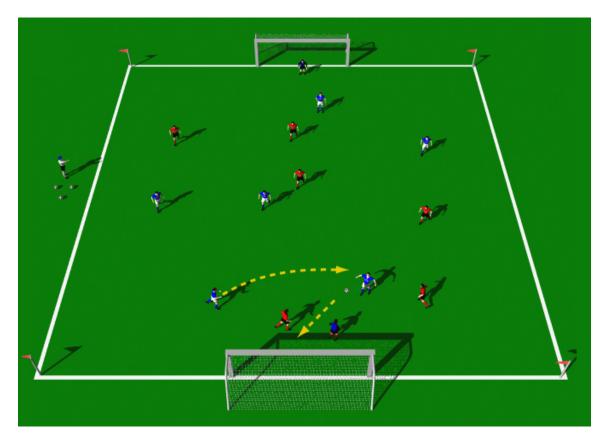
Newcastle Head Catch Game



Exercise Objectives:

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

Field Preparation

- Entire Group with Goalkeeper
- Area 20 x 30 yards
- Full Size Goals and Goalkeepers
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "header". The team in possession can only advance up the field in using this sequence "*Throw, Head and then Catch*". Players cannot run with the ball. Opposing team can only intercept a throw with a header and a header with a catch.

Focus On:

- Good support movement off the ball.
- Quality heading techniques. Heading to pass, heading to score.

Progression:

- Head ball from hands and catch.
- Volley ball from hands and catch.Must score with a volley.
- Diving headers worth 3 goals.
- Double headers worth 5 goals.