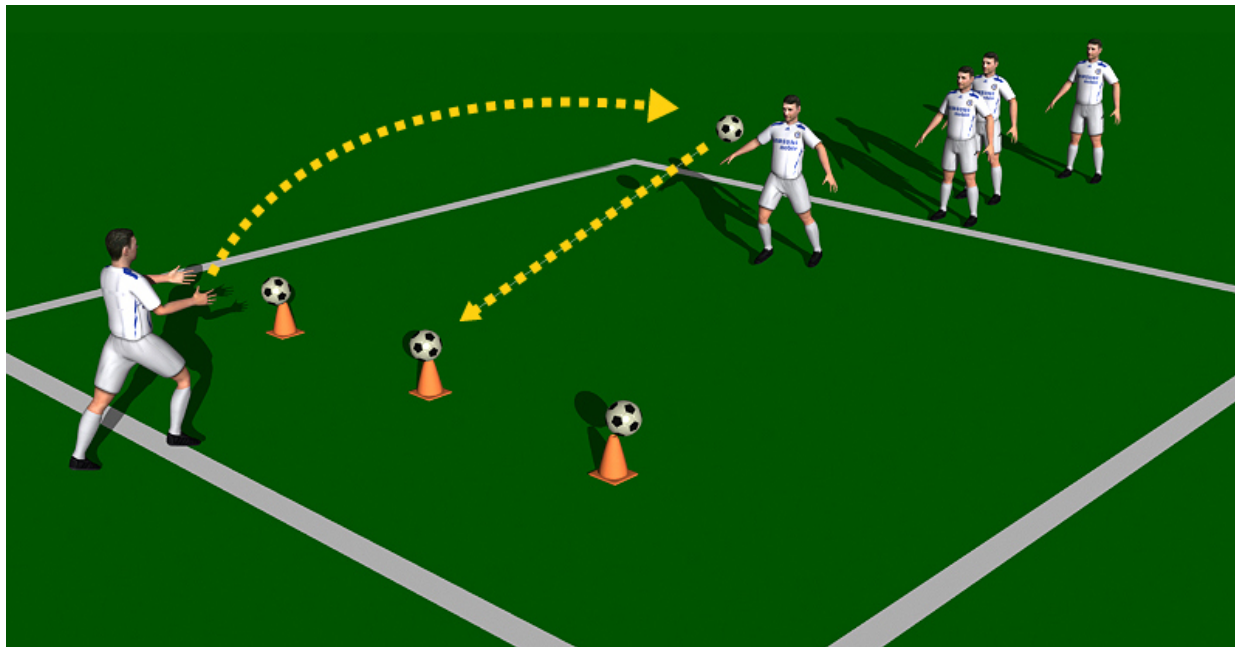


Team Target Heading Drill



Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

Coaching Pointers:

In an area 10 yards x 15 yards, players alternate receiving the ball from the server. The receiving player must head the ball to try and hit the cone/ball (as in the diagram above). The players alternate heading the ball, while attempting to score. A goal is awarded each time a player hits the cone/ball. After each header the receiver must turn and join the end of the group. Make a team completion out of the drill. First team to hit all 3 cones wins!

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed.

Field Preparation

Small group of players
Area 10 x 15 yards
Cones
Supply of balls