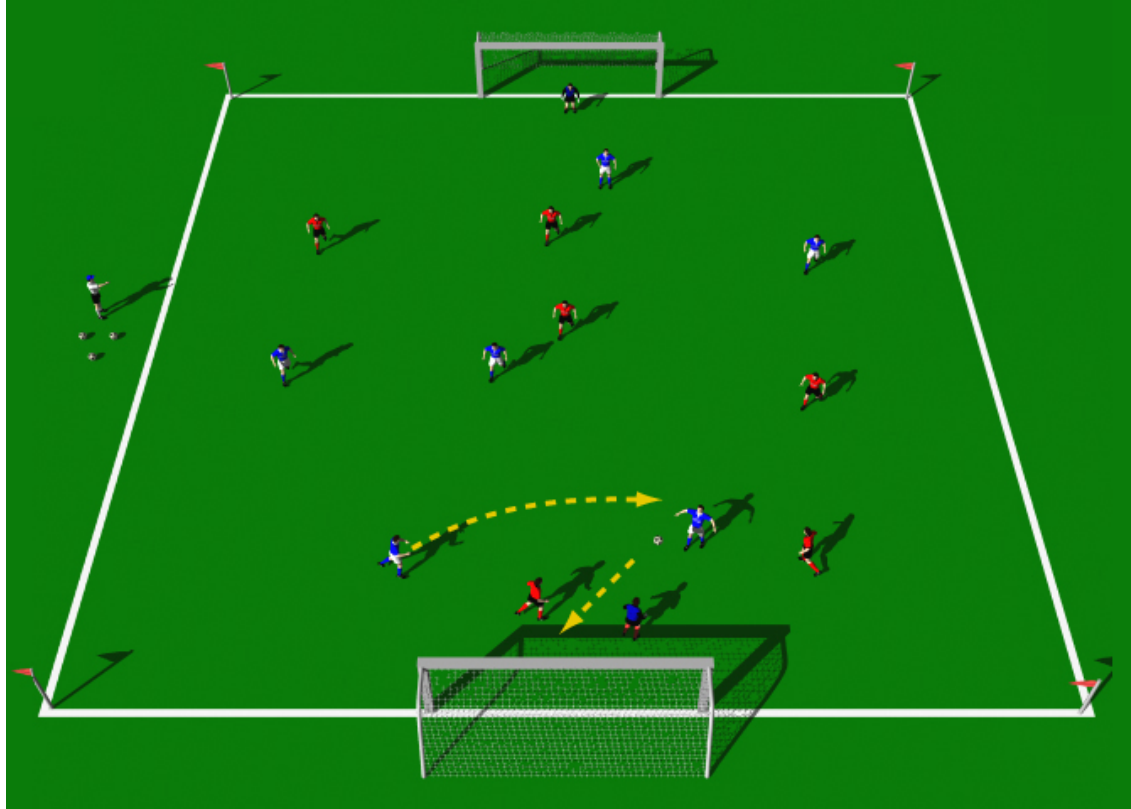


## Volley Header Game



### 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.

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