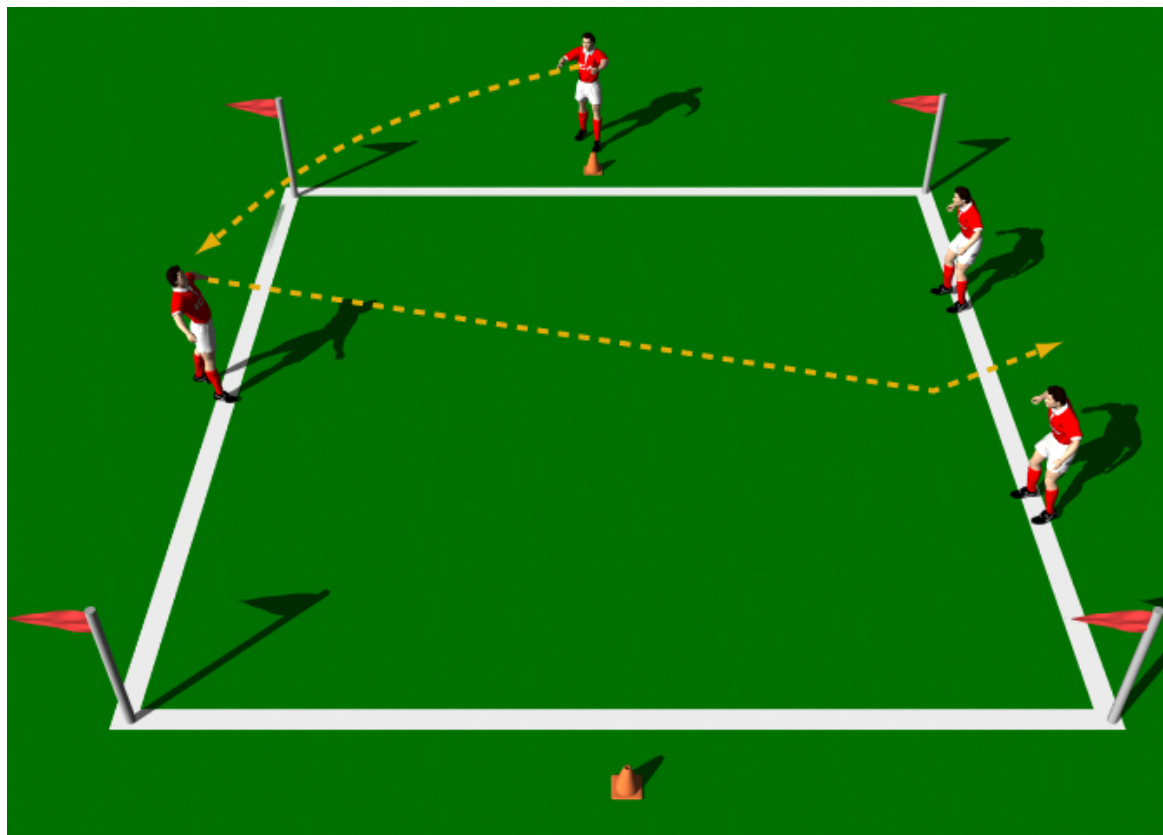


## World Cup Heading 2v2



### Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" with an emphasis on "accuracy and power".

### Field Preparation

- ☆ 4 players
- ☆ Area 10 x 10 yards
- ☆ Cones or Flag poles
- ☆ Supply of Balls

### Coaching Pointers:

Four players are positioned in a grid 8 yards x 7 yards, using one ball. The players are divided into teams of two. Both sets of players defend a goal marked by the cones. The players act as goalkeepers and may use their hands to stop a header. Goals are scored with a header between the cones and under head-height of the players.

The practice starts with one server throwing a straight throw from the nearest sideline for their partner to head at goal.

The player heading the ball must head from the goal-line. The two goalkeepers must try to stop the header. When they catch the ball they also must serve from the nearest sideline and head at goal.

The players must always keep the correct sequence; no player may have two headers in succession.

If a team defending can head the ball back at goal without first catching the ball they can score 2 goals for a double header, 3 goals for a triple header and so on. After the server throws the ball to his partner he must quickly return to his goal line to defend the goal. A supply of balls should be placed alongside the grid to maintain a high tempo. Encourage the players to attempt "Diving Headers" at goal when the opportunity presents itself.