

Theme: Heading

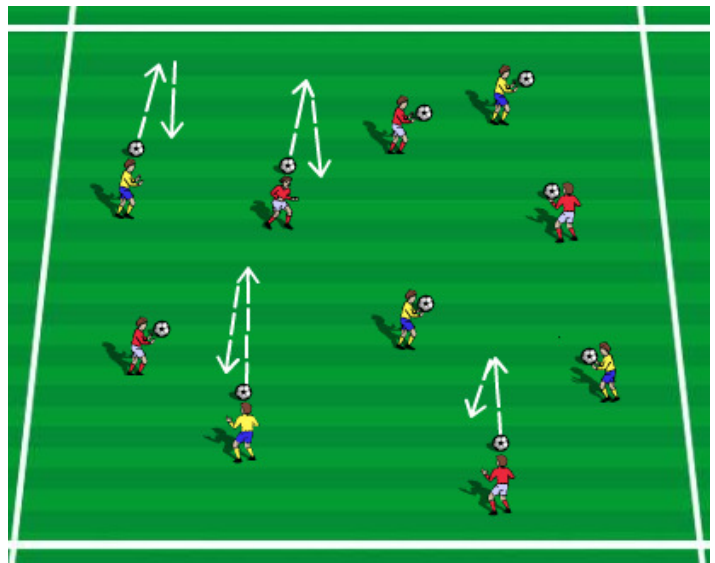
Drill

Set Up: In an area approx 20 x 20 each Player has a ball in their hands and continually move.

Objective: Players challenge themselves whilst at the same time gain confidence when heading the ball. From self feed they head the ball into the air and catch – repeat.

Variation: Work up the ladder i.e. head once and catch, head twice and catch - up to ten max. Place flat markers in area as targets for Players to hit/score.

Technique: Focus on ball / knees bent / use forehead / use of arms / timing & positive contact.



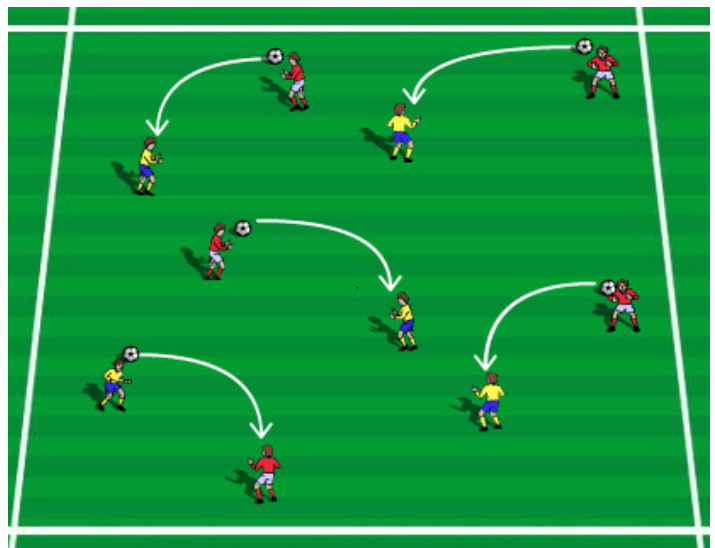
Development Activity

Set Up: Players in pairs find a space and face each other 4 – 6 steps apart - 1 ball per pair.

Objective: Players self feed and head the ball to partner to catch and return.

Variation: When successful increase distance between the Players / Now sitting repeat previous exercise / Ladder i.e. 1 – 10 / Receive feed from partner and head return.

Technique: As drill, increase power - i.e. bend at waist and use of abdominals.



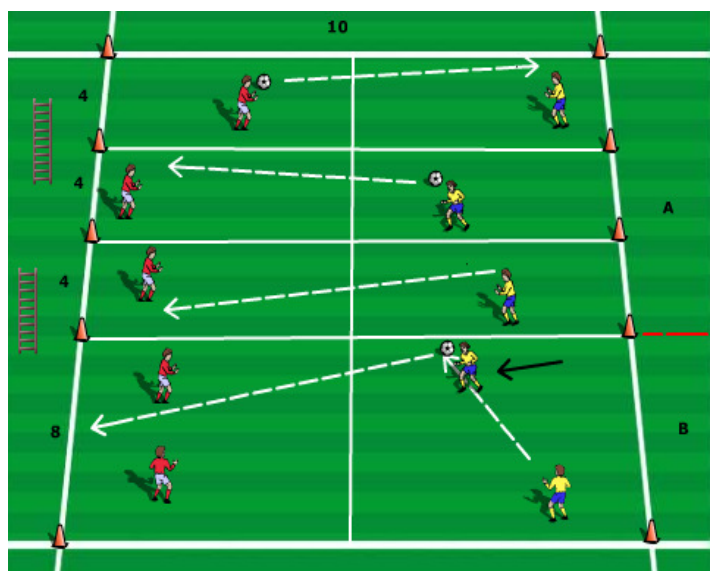
Group Play

Set Up: Games **A** are 1 v 1's - Set number of fields 10 x 4 with markers/line at ½ way, marker or cones at each end for goals, 1 ball between two.
Game **B** 2 v 2's - approx 10 x 8.

Objective: Players self feed and try and score in opposite goal – Players must stay in their own ½ of the field.

Variation: Play for set time and move up and down ladder based on score / Opponent feeds / In 2 v 2 partner feeds.

Technique: As Drill and DA



Please note that it is advised that foam footballs or softer/lighter football should be used for children heading sessions and that heading sessions should be small sided and shorter duration.