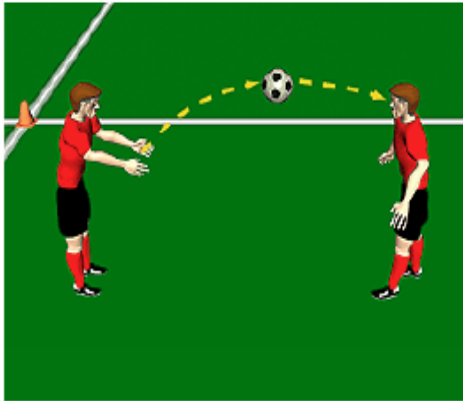## Heading Mechanics

This practice is designed to introduce the novice player to the correct technique when heading the ball.

Two players are positioned in a grid 10 yards x 10 yards. One player serves the ball for their partner to head back. The players should alternate serving the ball.

All serves should be underhanded.

Two players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones

Heading on the Run

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

In an area 10 yards x 10 yards a player receives the ball from the server. The receiving player must head the ball back to the server and only scores a point for each header played back to the servers hands. After each header the receiver must return to the starting position and repeat drill. The server must throw a high looped serve to the receiving player. The ball should be served approximately 5 yards. If the server throws the ball too far the receiving player will not come to meet the ball. With a correct serve the receiving player is always encouraged to attack the ball.

Two players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones

Small Group Heading Relay

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

In an area 10 yards x 10 yards, players alternate receiving the ball from the server. The receiving player must head the ball back to the server and only scores a point for each header played back to the server's hands. After each header the receiver must turn and join the end of the group. The server must throw a high looped serve to the receiving player. The ball should be served approximately 5 yards. If the server throws the ball too far the receiving player will not come to meet the ball. With a correct serve the receiving player is always encouraged to attack the ball.

Small group of players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 4 cones