

### Heading Reaction Game

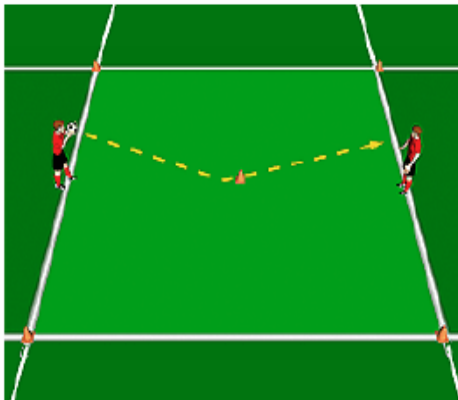


A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.

**Entire group, 10 yard circle (9 metres), 1 ball**

### Heading for Accuracy



This practice is designed to improve accuracy and power when heading the ball.

Two players are positioned in a grid 10 yards x 10 yards. One player holds the ball firmly between their hands. The players alternate heading the ball from their hands, while attempting to hit the cone. A goal is awarded each time a player hits the cone. Position feet one behind the other. This will lead to good balance. Remember to keep the head steady and eyes fixed firmly on the ball. Holding the ball, bring the ball quickly up towards the forehead. Swing the upper body backwards, then forward quickly and make contact on the ball with the center of the forehead. Do not let go of the ball; use the power of the head to hit the ball out of the hands.

**Two players, Grid 10 x 10 yards (9 x 9 metres), 1 ball, 5 cones**

### Heading Pressure Training



This practice is structured to improve the technical ability of "heading the ball on the run" with an emphasis on "accuracy".

Two players are positioned in a grid 10 yards x 20 yards. Two servers with a ball stand at each side of the grid. Each server alternates serving a high looped throw for the receiver to head back to the server. Ensure that the servers do not serve the ball too far, so that the player in the center does not need to come to meet the ball. The player working in the center has to receive a throw from server and head it back to server. The player then turns quickly and repeats with the server on the opposite side. The players in the center should work at full speed and concentrate on quality.

**Two players, Grid 10 x 20 yards (9 x 18 metres), 1 ball, 4 cones**