Activity Title: Heading the ball

Activity Name: Phase 1 - Fundamental Heading Technique (U7 and up)

Activity Setup: Players/Coaches has ball in hand, players stand in a line about 2 yards away for space when practicing. U7 should always be in the coaches hands. U9 and up can use players. As many lines as you have balls and people to hold them.

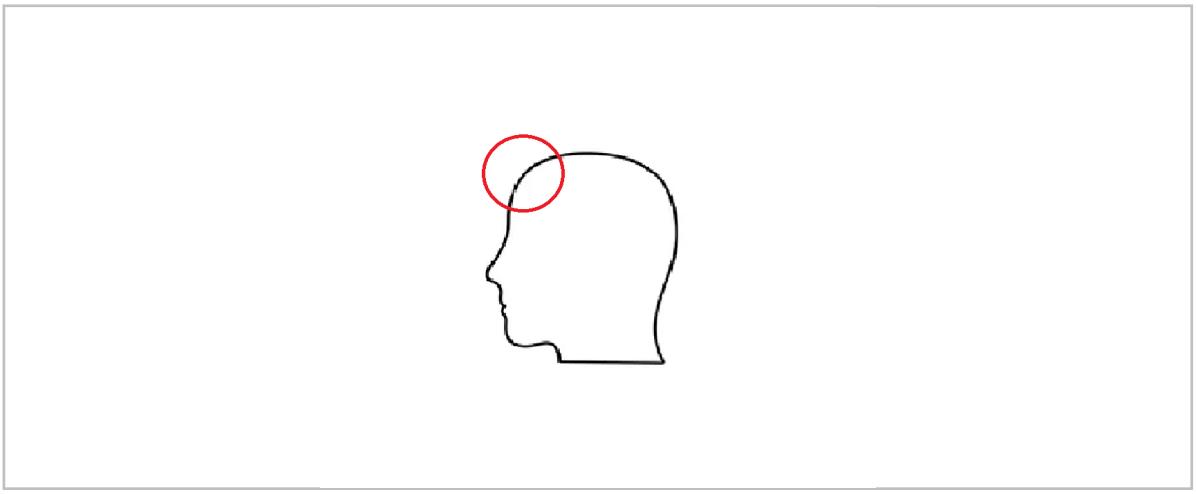
Activity Description: Players will approach the ball leaning back at the waist and bringing the whole body forward with the head and striking through the ball with the correct part of the head as shown below. Player should be able to see the ball and the target when striking the bal

Emphasis:

Ball doesn't move
Players body moves

Cue Words:

Strike through the ball
whole body



Activity Name: Phase two - Judging and striking (U9 and up)

Activity Setup: Coaches/Players will stand across from each other about 3 yards away with a ball or in a line with the coach holding the ball. As many partners or lines as you can manage to get repetition.

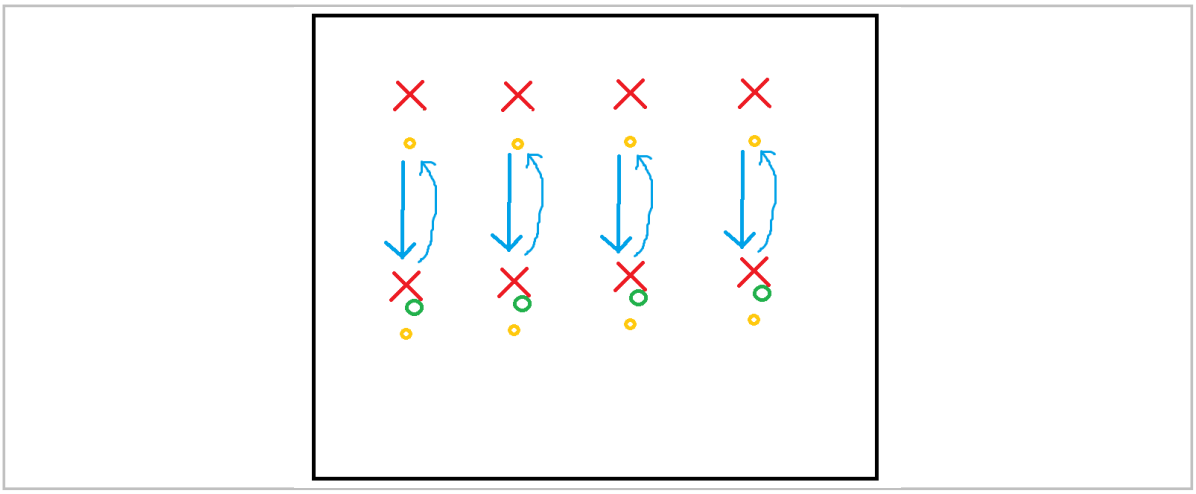
Activity Description: Players/Coaches will lob a ball lightly (two handed underhand only) up to the head of the opposite player. The player will use the technique from phase 1 to strike the ball back. Not all throws will be perfect so the players will have to judge pace and direction.

Emphasis:

Move the feet
Whole body moves

Cue Words:

Strike through the ball
Whole body
Move the feet



Activity Title: Heading the ball

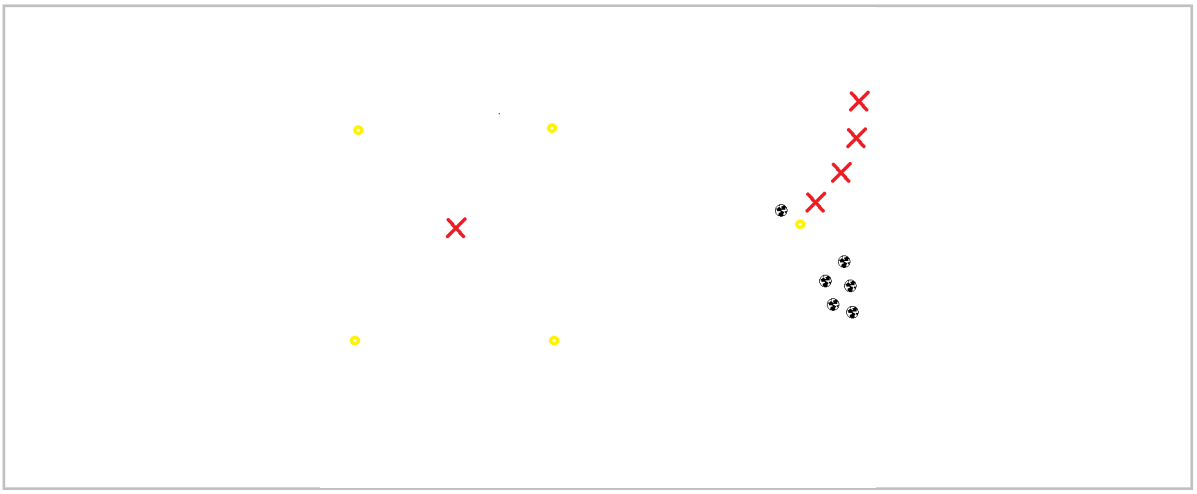
Activity Name: Phase 3 - Advanced Judging and striking (U13 and up)

Activity Setup: Players/Coach stand at a cone. Create a 5yd x 5yd box 5 yds from the cone. Players will form a line at the cone.

Activity Description: Player from the line will enter the box. Player/Coach at the cone will throw the ball up in the air into the box. Player in the box will head the ball back in the direction of the thrower.

Emphasis:

Move the feet
Whole body moves



Cue Words:

Strike through the ball
Whole body
Move the feet

Activity Name:

Activity Setup:

Activity Description:

Emphasis:

Cue Words: