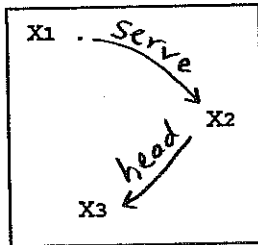


FUNDAMENTAL:

15 - 10 Yds. Sq.



THREE HEADS

ORGANIZATION:

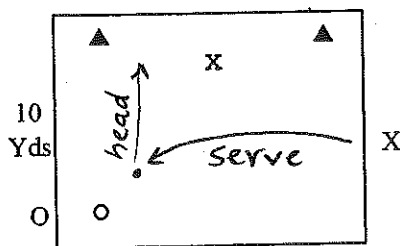
- Groups of three in grid. one ball
- X1 throws to X2 who heads it to X3
- X3 now throws to X1, who heads to X2
- Continue sequence
- Start stationary
- Progress to doing it while

COACHING POINTS:

- Head ball on forehead
- Keep eyes open, mouth shut stiffen neck and head through ball
- Swing your upper body forward to get more power
- Face your target and step towards him as ball is contacted

MATCH RELATED:

10 Yds.



HEAD TO GOAL

ORGANIZATION:

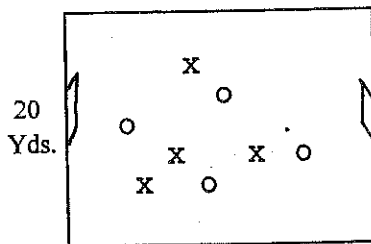
- Groups of 4 in grids.
- 4 players are divided into pairs.
- One pair are a GK and a server.
- Other pair are attackers.
- Only one attacker in grid at a time.
- Server throws, attacker heads to score on goal.
- Attackers alternate (rotate pairs every 10 serves).

COACHING POINTS:

- Get over the ball by jumping so you can head down to ground level.
- Step forward to meet the ball

MATCH CONDITION:

30 Yds.



THROW-HEAD CATCH

ORGANIZATION:

- 4 vs 4 to 6 vs 6 in grid.
- Can either use small goals or big nets with keepers.
- Each team must follow the sequence of throw-head-catch.
- Must head to score a goal.
- If ball touches ground, it is turned over to other team.

- Team cannot break sequence (i.e. cannot have 2 consecutive headers). Otherwise ball turned over to other team.
- Defending team must also continue the same sequence in their attempt to intercept. (i.e. if an X throws the ball, the O's can intercept by heading).

COACHING POINTS:

Same as above