

### ACTIVITY #1

**Set up:** Groups of 4 with 2 balls per group. Players form a triangle with two servers, one player heading and a passive/active pressing player standing in front of the heading player. Players rotate after set number of serves.

**Instructions:**

Servers alternate serves with the pressing player performing the following to add pressure gradually to the heading player:

- 1) Stand
- 2) Jump slightly before ball arrives
- 3) Extend arm to header's chest/shoulder and jump
- 4) Try to win the ball

**Coaching Points:** Heading player should:

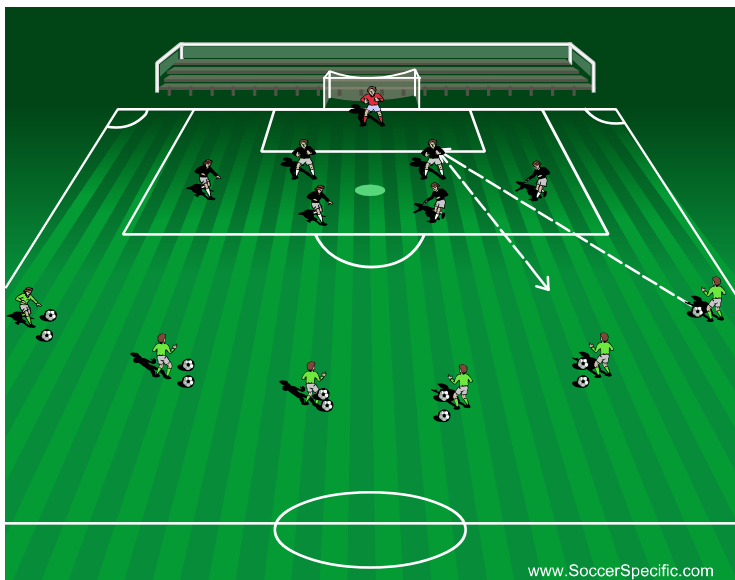
- 1) Bend knees
- 2) Use arms to gain positional advantage
- 3) Get sideways on in case ball falls short or is long
- 4) Jump early to gain advantage
- 5) Head the ball high

### ACTIVITY #2

**Set up:** Form teams of 5 or 6 players each. One team positions itself inside the penalty area, while another is set up 15 to 25 yards from the penalty area and spaced across the field. The team in the field has at least one ball per player. Goalkeeper should play in goal.

**Instructions:** The serving team serves balls one at a time into the penalty area. serves must be at least chest high. Serving team scores a point for any ball that lands in the penalty area. Attacking team scores a point for balls headed clear of the area before the ball bounces. Award two points if clearance is played to a wide server. As players progress, take two servers and place them in the penalty area to act as forwards trying to win the ball and score.

**Coaching Points:** All previous points.



### ACTIVITY #3

**Set up:**

Play 8 v 8 on a 80-90 yard field.

**Instructions:**

Attacking team must pass through the air. Attacking team must score from aerial service. Defending team scores point for any won header. Defending team scores three points for any won header that is headed to a teammate.

**Coaching Points:**

All previous points.

