



### Heading two

Two yellow players attempt to score on the the two goals guarded by the black players. The ball is served under hand by one player to his teammate who heads it at either goal. The ball must be below shoulder height to score.

#### Progression

Score double points if you return a header with a header.

Players kneel and perform diving headers

#### Coaching Points

Head ball with eyes open on the forehead with mouth closed

Place your feet in a boxers stance and lean backwards as ball is fed

Rock forwards to make contact

Direct the header with the forward movement of the body rather than the neck