



Heading 3

Two equal teams attempt to score by heading the ball into the goal they are attacking.
The ball must be thrown from one player to a team mate who must head to another member of their teams hands

Players are not permitted to run with ball in their hands

A thrown ball is not permitted to be intercepted

Coaching Points

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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

Communication