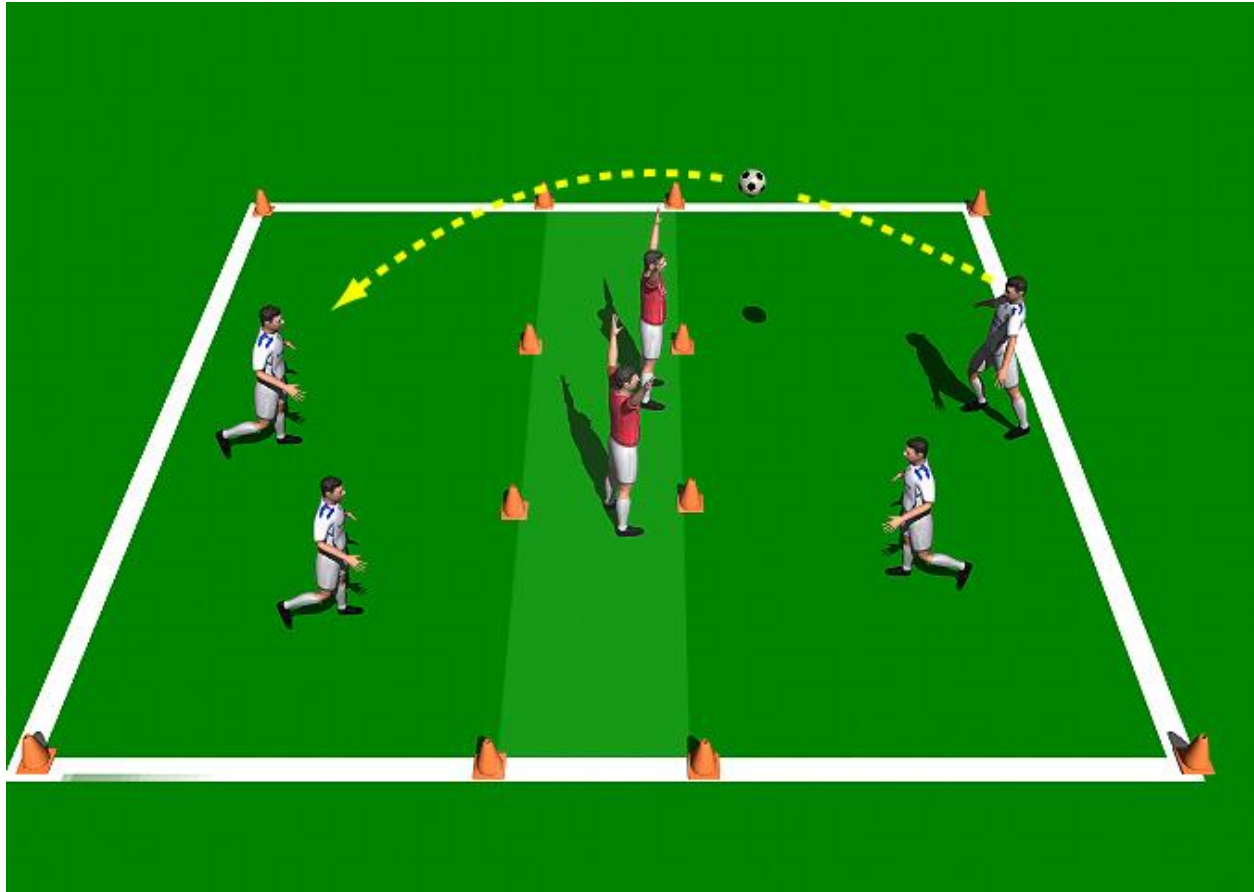


## Defensive Heading Game



### Exercise Objectives:

This is a great game to emphasize "Defensive Heading".. It can be used as a fun warm up activity or incorporated into a session for defensive heading. The emphasis is on "distance, height and power". Players love to play this game!

### Coaching Pointers:

Four players are positioned in a grid 10 yards x 10 yards, using one ball. The players are divided into teams of 2. The practice starts with 2 attacking players and (2 defensive players who are restricted to the middle zone). The attacking players attempt to head the ball over the 2 defensive players. Each time they head the ball over the defensive players they get a goal. The players can head the ball from their own hands or head the ball back if they receive a good serve from their partner.

If the player heads the ball from their own hands and are successful, they get "one goal". If they can return a header without catching the ball they get 2 goals. If their partner can return a header it's worth 3 goals etc. If the players in the middle block, or catch the ball, they now switch roles with the attackers.

First team to score 5 goals wins the competition

Go to [SoccerClinics.com](http://SoccerClinics.com) The World's Largest Coaching Website!

Copyright Ready2Coach.com