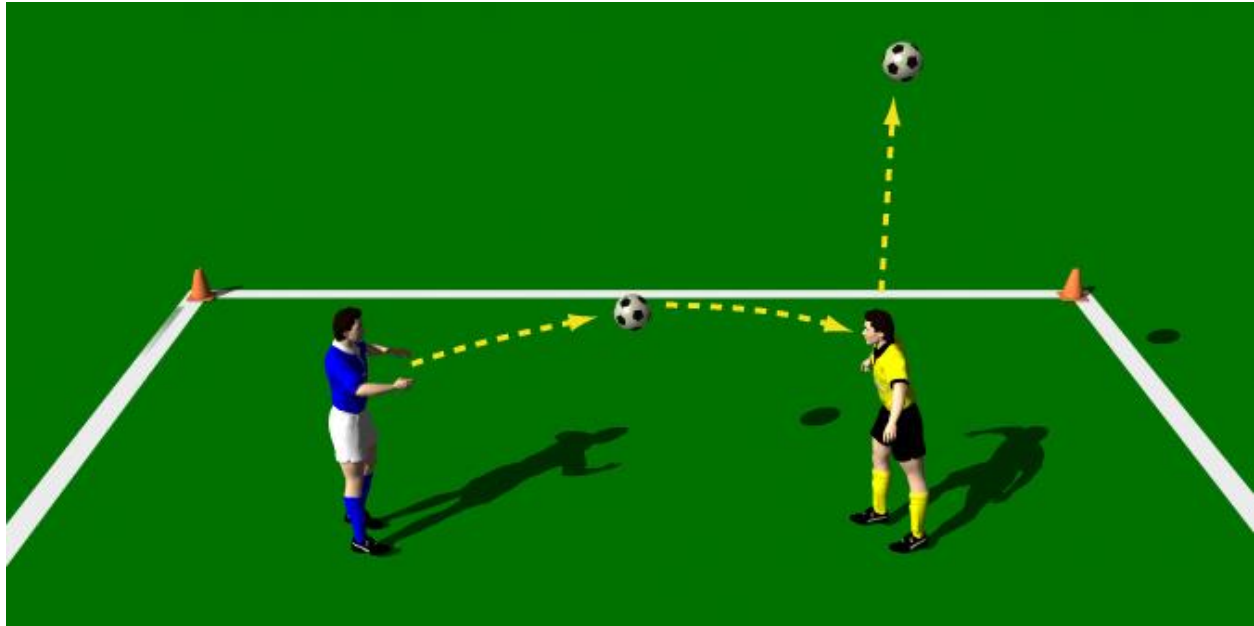


Heading Coordination Game



Exercise Objectives:

This is a very good warm up activity which includes hand eye coordination and skill.

Coaching Pointers:

Divide the entire group into pairs. There should be at least 5 yards between each player. Use two balls. Player “A” and player “B” both have a ball. As player “A” serves the ball to player “B” to head back, player “B” must throw his ball above his head, head the ball back to “A” and then catch his own ball. Perform 8 each and change roles.

Field Preparation

2 Players

Area 10 yards x 10 Yards

2 Balls