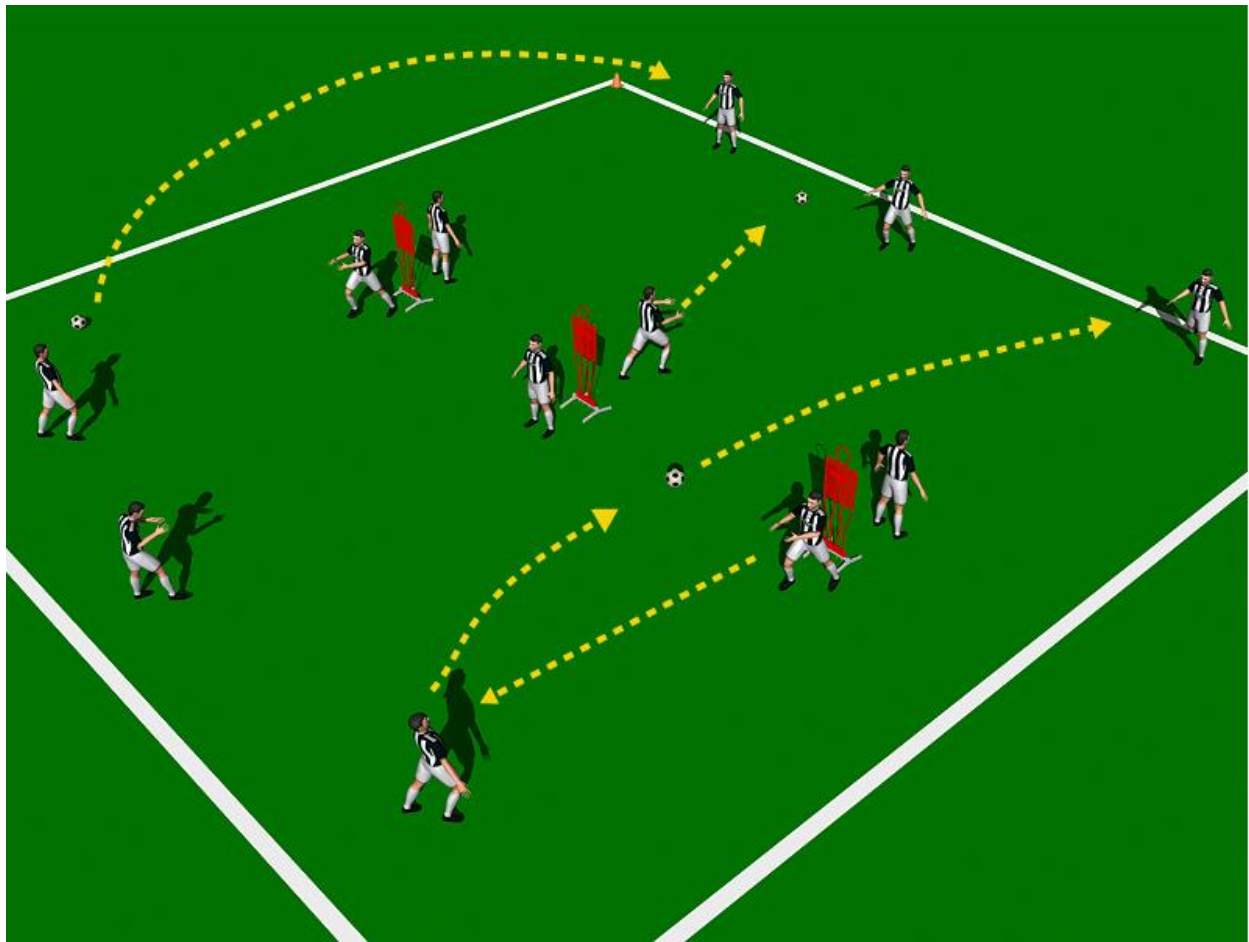


## Mannequin Defensive Heading



### Exercise Objectives:

This practice drill is designed to help players improve on their "Defensive Heading" technique.

### Coaching Pointers:

Place four players inside the area as in the diagram above. Two servers, and two players heading the ball. The practice starts with one server throwing the ball for his teammate to head "Over" the mannequin to the opposite player. The object is for the player to head the ball far and high, for the opposite player to catch. The drill is then repeated from the opposite side. Swap roles after several minutes.

### Field Preparation:

Area approximately 30 yards x 30 yards.

4 Players per group

Balls, bibs and cones

Mannequins

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