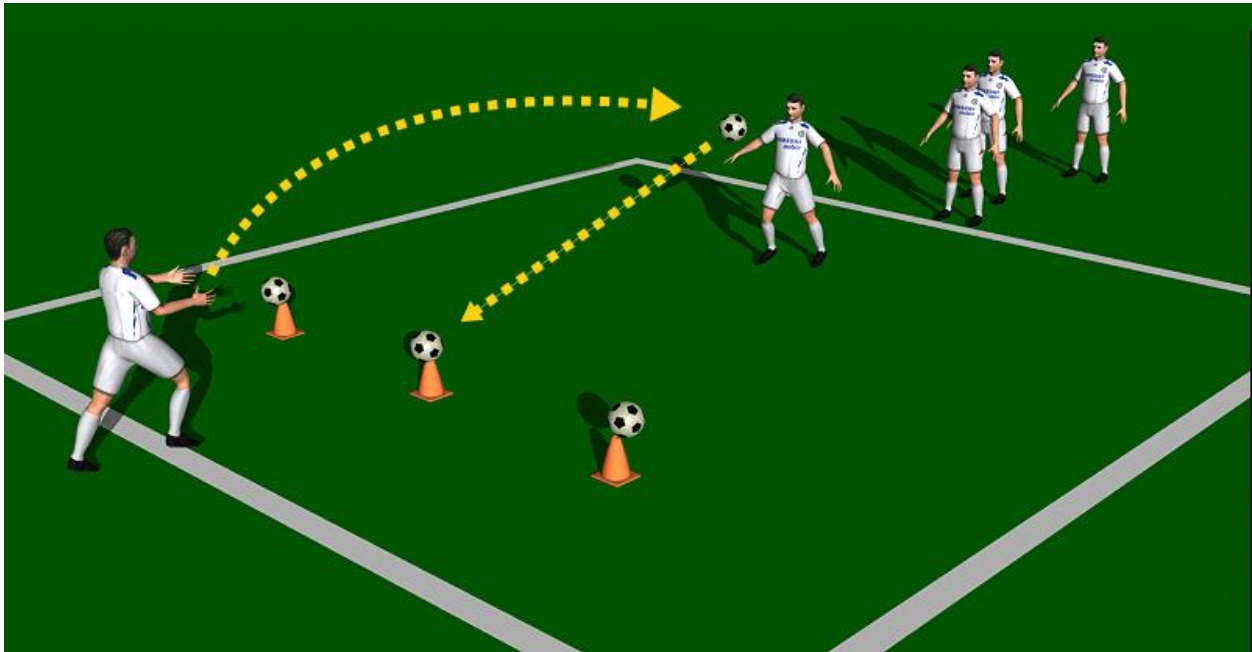


## Team Target Heading Drill



### Exercise Objectives:

This practice is structured to improve the technical ability of "Heading" the ball on the run. An emphasis is placed on "accuracy".

### Coaching Pointers:

In an area 10 yards x 15 yards, players alternate receiving the ball from the server. The receiving player must head the ball to try and hit the cone/ball (as in the video above). The players alternate heading the ball, while attempting to score. A goal is awarded each time a player hits the cone/ball. After each header the receiver must turn and join the end of the group. Make a team completion out of the drill. First team to hit all 3 cones wins!

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed.

### Field Preparation

Small group of players  
Area 10 x 15 yards  
Cones  
Supply of balls

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