

Heading Game: Small-Sided-Game #1

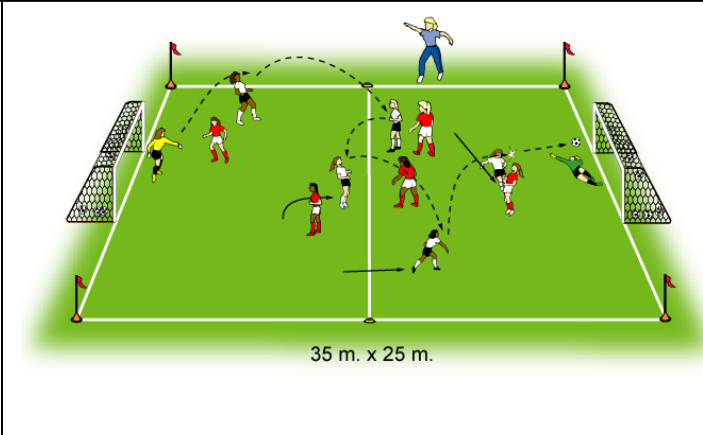
Small-Sided-Game:

Throw-Head-Catch Game.

20 minutes

Organization:

- Two equal teams including two GKs.
- Playing field of 35x25m.
- One goal at each end.
- Playing sequence: throw the ball for someone to head it to someone to catch as the team moves toward the opposing goal.
- Goal can only be scored by heading.



Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to “pull your head onto the ball”.
- Attack the ball - take off of one leg.
- Head through the ball to direct/pass it.

Description:

1. Players must keep to the passing sequence of throw-head-catch while they build play towards the opposing team’s goal. Interceptions must also be made in sequence (ie, if ball is thrown, intercept using your head & if headed, intercept by catching). Players cannot run with the ball, so they must pass and move to support the player receiving the ball. If the ball is played out of sequence or the ball hits the ground, possession goes to the other team. Goals must be scored with the head.
2. The same rules apply but the sequence is changed to kick-head-catch. The players must now kick the ball from their hands on to the head of a teammate instead of throwing it.
3. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played but goals scored with the head count as double.
4. **5 Minute Cool Down at the end of the game**

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