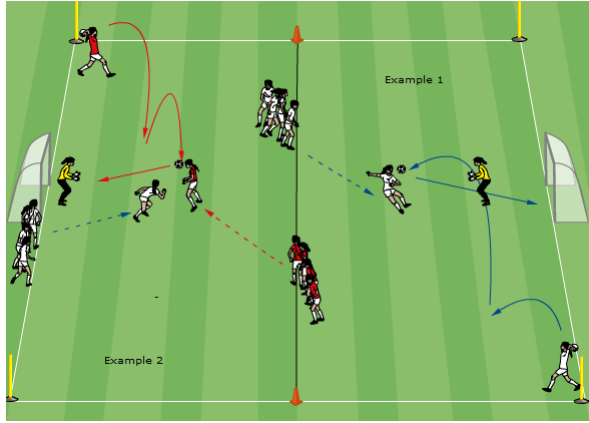


Active for Life: GAG Activity

Technical/Tactical: Heading for Goal 15-20 minutes

<p>Organization:</p> <ul style="list-style-type: none"> • Use markers to set up a 30x20m area as shown. • Two Groups of five plus a server and a GK. • Two goals • Soccer balls with each server. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> • 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 it.
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Description:

1. The server serves the ball by bouncing it hard on the ground so that it goes high into the air. The first player times the run so as to meet the ball and direct it towards the goal with her/his head. She/he then returns to the back of her group as the GK plays the ball back to the server. The process is then repeated for each player in the group. Continue for as many repetitions as needed. Change the server a regular intervals. **Variation:** Use an underarm throw to serve the ball into the air without bouncing it.
2. As above, but a defending group is positioned by the goal, beyond the far post, and a little further from the server than the other group. The ball is served as before but this time the attacking group is put under some pressure by the players of the defending group. The attacking group tries to score a goal and the defending group tries to head clear for 1 point (3 points = goal). Switch the roles of the groups at regular intervals. **Variation:** Use an underarm throw to serve the ball into the air without bouncing it.

