

Active for Life: GAG Activity

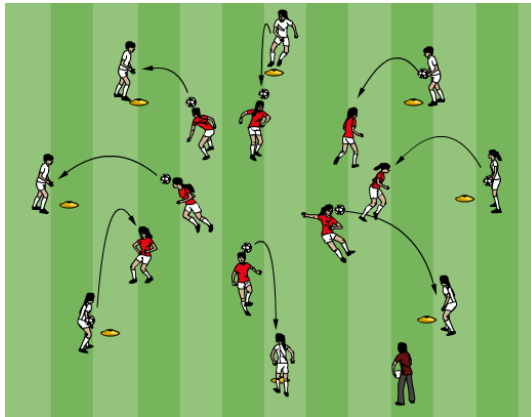
Technical/Tactical:

General Heading Technique

15 minutes

Organization:

- Set-up markers in a circle as shown with a radius of approx. 25m.
- Divide players into two equal groups. One group with a ball each stands by the markers. The other group without a ball working inside the circle.
- Each player works for one minute and switches roles



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”.
- When jumping take off of one leg.
- Head through the ball to direct it.

Description:

1. Server use a two handed, over-arm throw to bounce the ball initially when serving the ball in the air. Players without a ball jog around the area calling for the ball from the servers. The player receiving the ball must use a particular heading technique in passing the ball back to the server. Upon the command of the coach the players change roles.

From Bounced Serve:

- a. Run and head the ball forward to the server
- b. Run in curve and head ball sideways to the server.
- c. Jump to head the ball forward to the server.
- d. Jump and head the ball sideways to the server.

From Direct Underarm Serve:

- e. Run and head forward to server.
- f. Jump and head forward to server.

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