

# U-10 PRACTICE #15 - HEADING SKILLS AND GOALKEEPING

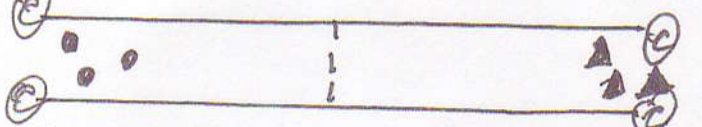
## EXERCISE #1 - HEADING WARM UP - 12 min - 15 min - ALL PLAYERS

- PLAYERS GET IN PAIRS, EACH PAIR 3 YDS APART.
- BOTH PLAYERS SITTING. PLAYER 1 TOSSES UNDERHAND TO PLAYER #2'S HEAD AND PLAYER 2 HEADS BACK TO PLAYER 1. SWITCH - 3 min
- BOTH PLAYERS HEAD FROM KNEES. SAME SEQUENCE AS SITTING.
- BOTH PLAYERS STANDING - 3 YDS. APART. PLAYER 1 TOSSES UNDERHAND TO PLAYER 2, WHOM HEADS THROUGH BALL AS IF THEY ARE PUSHING THEIR HEAD THROUGH A PICTURE FRAME.
- COACHES DEMONSTRATE HEADING TECHNIQUE.

## EXERCISE #2 - UP, UP AND AWAY - 15 min - 4 PLAYERS

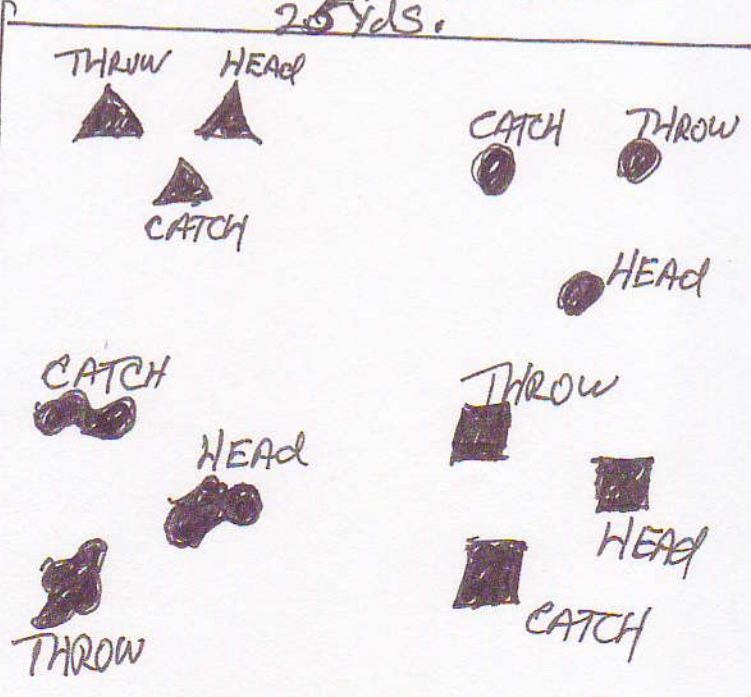
- TWO PLAYERS IN FRONT OF EACH GOAL POST AND TWO PLAYERS IN BACK OF THE NET WORKING IN PAIRS.
- PLAYER BEHIND THE NET THROWS OVER THE NET TO PLAYER IN FRONT. ROTATE PLAYERS EVERY 10 HEADERS
- PLAYER IN FRONT HEADS BALL OVER THE CROSS-BAR.

## EXERCISE #3 - ATTACKING HEADERS - DOWN AND AHEAD - 15 min



- TWO LINES OF 3 PLAYERS PER LINE 10 YDS APART
- GOALS ARE CONES - 3 YDS APART
- EVERY PLAYER HAS A BALL

- ▲ MOVES TO MIDFIELD LINE AND ● TOSSES BALL TO ▲ HEAD.
- ▲ HEADS BALL DOWN AND INTO GOAL. REVERS AND THROW TO ●.



## EXERCISE #4 - THROW - HEAD - CATCH - 25 YD SQUARE ZONE

- PLACE PLAYERS IN GROUPS OF THREE
- PLAYER 1 - TOSSES BALL TO PLAYER #2'S HEAD. PLAYER 2 HEADS TO PLAYER 3. MOVE AROUND.
- ROTATE THROWERS, CATCHERS, HEADERS

## SCRIMMAGE - GAME CONDITION - 20-30 min

- HEAD BALLS FOR SCORES COUNT AS 3 GOALS!