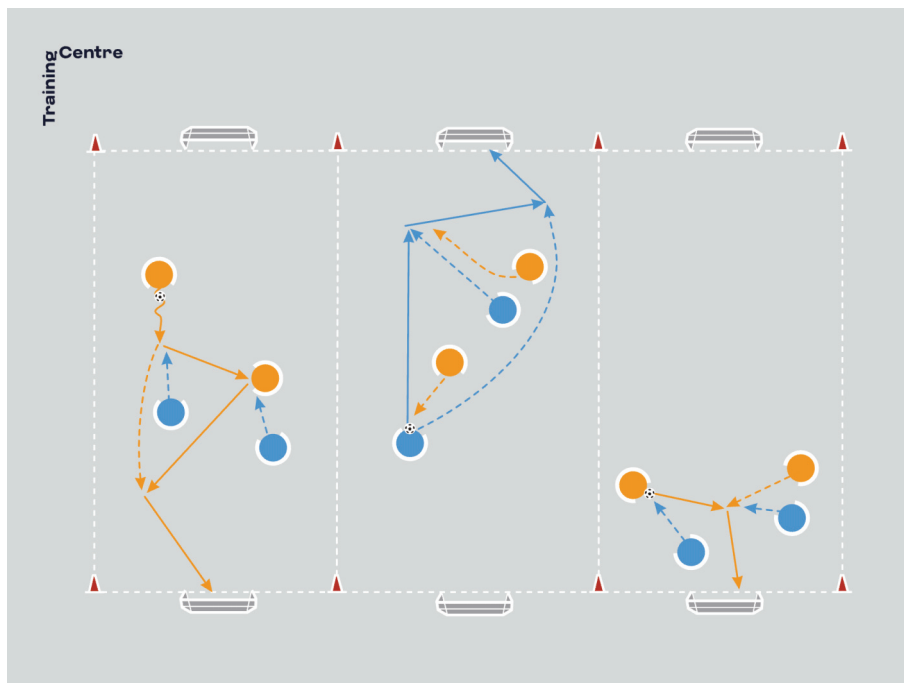


## Use your head



### WARM-UP: 2V2 ON MINI-PITCHES



#### Organisation

- Players play 2v2 on their own mini-pitches and follow a throw-head-catch sequence to try and score in their opponents' goal
- Players can also try to keep the ball in the air between them before scoring
- Players can move pitch every three minutes to play against different opponents

#### Ways to make the exercise easier

- Players can start with throwing and catching before introducing the heading

#### Ways to make the exercise harder

- Players can only intercept the ball by heading it

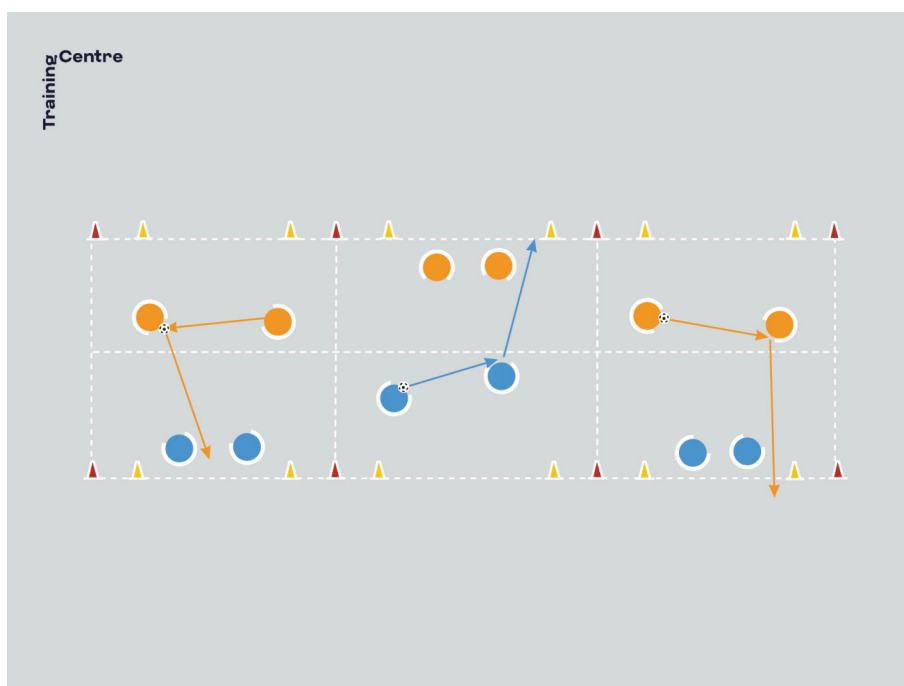
#### Great questions to ask the children

- Can you move off the ball in order to receive the next pass?
- Can you cushion your header to your partner?
- Can you head with power when trying to score?

#### Safety tips

- Play throw-head-catch for two to three minutes, then alternate with volley and catch
- Create a safe playing area

## SKILL DEVELOPMENT: 2V2 WITH ATTACKING HEADERS



### Organisation

- Organise mini-pitches for 2v2 with attacking headers, two goals and a halfway line
- Players serve each other and head towards the goal
- Opponents can act as goalkeepers or head it straight back if the ball is still high in the air and can be attacked
- Players get a double goal for heading the ball straight back into the goal
- After three minutes, the winners move up a pitch and losers move down a pitch

### Ways to make the exercise easier

- Opponents can only save the ball with their body and not their hands

### Ways to make the exercise harder

- You can only score from a double header
- You can make the pitch bigger

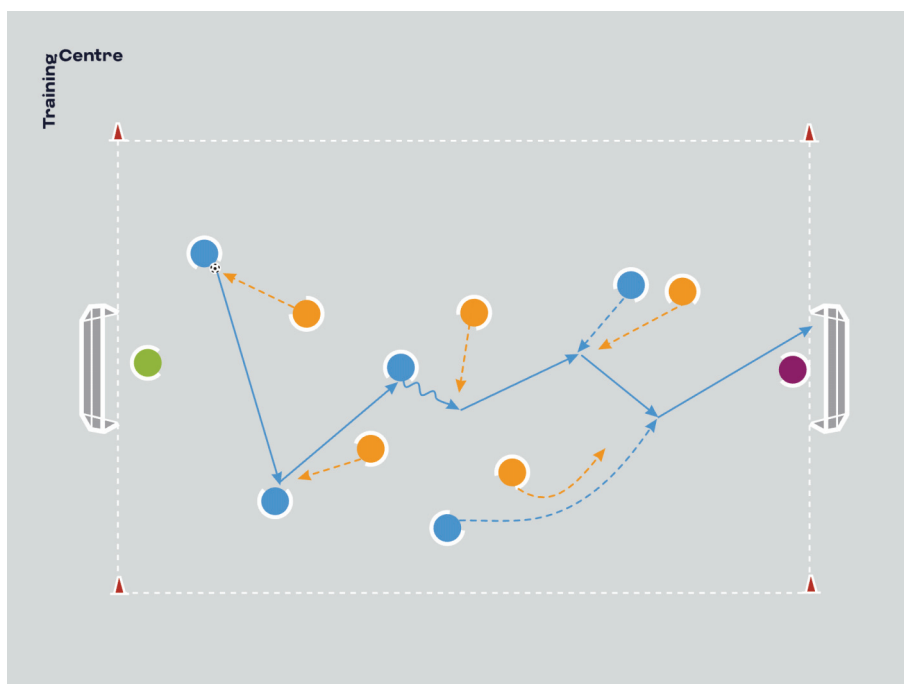
### Great questions to ask the children

- Can you try to serve from in front of your partner?
- What direction is best for an attacking header?
- What part of the ball should you head to make it go downwards?

### Safety tips

- Create a safe playing area

## GAME APPLICATION: 6V6 GAME



### Organisation

- Organise your players into teams of 6v6 and create mini-pitches
- If a team is waiting, they can also play 3v3 to keep them active
- Just let your players play
- Learn through play and different challenges of facing new opposition
- Let the children referee their own games
- A headed goal counts double, a diving header counts three

### Ways to make the exercise easier

- One team can have extra players if you have uneven numbers or a weaker team

### Ways to make the exercise harder

- You can only score with a headed goal

### Great questions to ask the children

- Can you cross the ball to encourage headers?
- Can you attack the ball from crosses?

### Safety tips

- Create a safe playing area