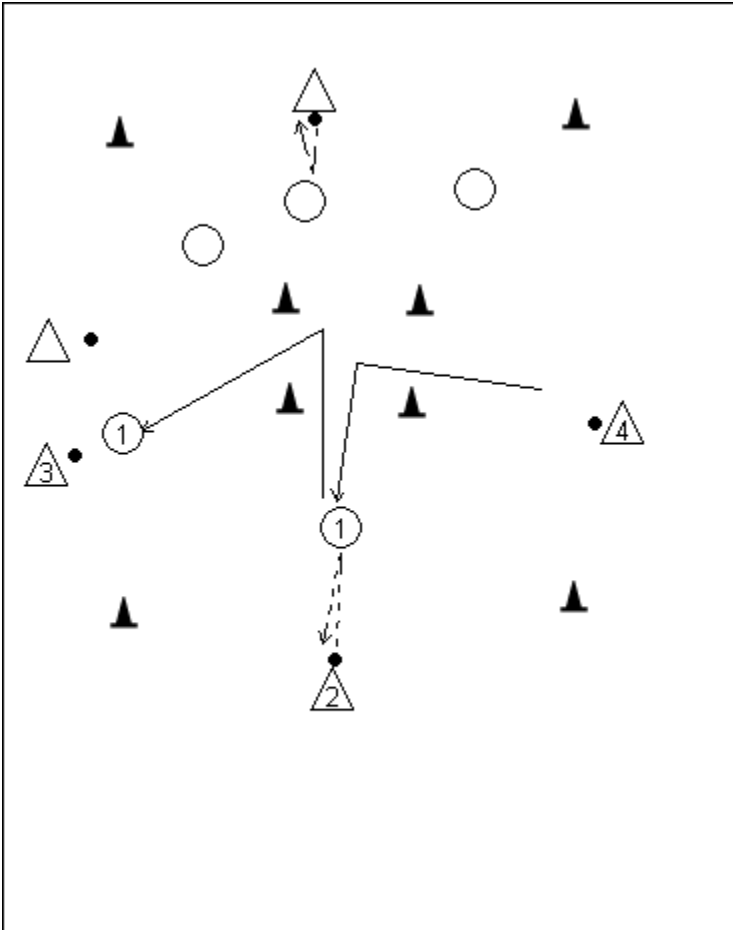


## HEADING ACTIVITY



**The set up.** One 30 yard x 30 yard grid with a smaller 3 yard X 3 yard grid inside.

**The Activity-** Two groups of players. One group of players on the outside grid with a soccer ball in their hands. The players on the inside of the grid (player#1) run or show to a player on the outside of the grid (player#2). Player #2 underhand tosses the ball to player #1 who showed for them. Player #1 heads the ball back to the outside player. Player #1 next runs into the smaller grid and looks to show for different player on the outside.

**Coaching points-**Eyes open, mouth shut. **Be the Hammer, not the nail.**