



2010 DRILLS



Drill of the Week...

Heading the Ball

Using Your Head:

Heading the ball is an action that requires the movement of your whole body, not just your head. This is a valuable exercise to practice. Players can practice this body action as part of a group, or on their own.



Hold your arms out in front of you as if you were rowing a boat, then nod your head forward (jerking your elbows back and tensing your neck muscles at the same time) as if you were heading a ball.

Tip: In recreational soccer, consider measuring success in these ways:

- Is everyone having fun? (If it's not fun, it's not good).*
- Are they learning about teamwork?*
- Are they learning something about soccer, i.e., are they improving?
(This one only applies to U-8 & up).*
- Are they hustling, enthusiastic & doing their best?*

Video drill for the week: Two Touch Passing to a Partner -
<http://www.youtube.com/watch?v=Gqy-7mbft-M&feature=channel>