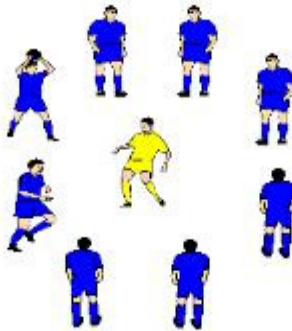


Drill Name: Head Catch

Age Group: U/10 & U/11

Objectives: Fun games that improves social interaction

Diagram:



Description: Coach stands in the middle of the players and moves around the circle where he serves the ball and asks the players to catch or head the ball. If the player catches the ball instead of heading the ball or vice versa they are out. The game continues until there is one player left.

Progressions: Ask the players to do the opposite

Coaching Points: