

Volley Header Game



Exercise Objectives:

This practice will improve each players "Volleying" techniques. This can also be used as a fun precursor to a shooting practice.

Coaching Pointers:

Divide the team into two groups. Identify groups by using colored bibs. The object of the game is for a team to score with a "Volley". The team in possession can only advance up the field in using this sequence "**Throw, Catch then Volley**". Players cannot run with the ball. Opposing team can only intercept a throw with a catch.

Focus On:

- ☆ Good support movement off the ball.
- ☆ Quality Volleying techniques.
- ☆ Volley from hands.
- ☆ Volley ball from hands and catch.

Field Preparation

- ☆ Entire Group ☆ Area 20 x 30 yards ☆ Full Size Goals and Goalkeepers
- ☆ Cones or Flag poles ☆ Supply of Balls ☆ Colored Bibs