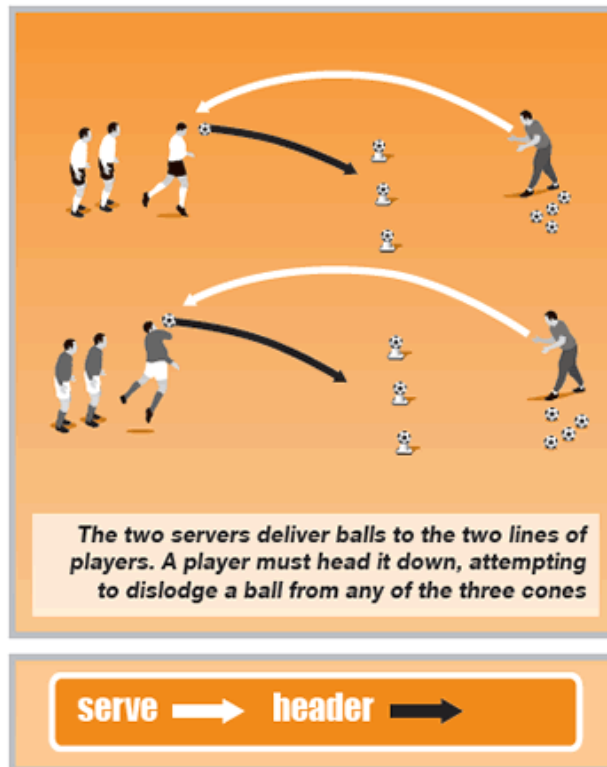


# Heading knock-off

By Michael Beale



## How to set it up:

- Arrange your players into two teams.
- You will need a helper next to you because you will both act as servers.
- For each team, set up three cones approximately two yards apart. Place a ball on top of each.
- Players begin 10 yards back from the cones, with the server a similar distance on the other side.

## Getting started:

- The two servers continuously throw balls to their team.
- One player steps forward at a time.
- With a controlled header, he must try to knock a ball off any of the three cones.
- The first team to knock all three balls off is the winner.

## Why this works:

This simple, yet fun, warm-up develops heading technique, a talent that is often overlooked in terms of its importance. Players should be told to keep their eyes on the ball, to head through the top of the ball and down to the ground.

Although this is designed as a heading warm-up, it can be developed to be used for passing, half volleys, volleys, and chest volleys.