



FCB-Heading- Three player exercises

Progression 1: Servers are side to side about 5 yards apart. 'Heading' player slides from side to side.

Progression 2: Servers are 10 yards apart and the 'heading' player moves back and forth between the two 'serving' players.

Progression 3: One serving player, one stationary player (yellow) and one player heading the ball. The 'serving' player tosses the ball right over the yellow player. The 'heading' player jumps over the yellow player and heads the ball back to the 'serving' player. Rotate every 10 balls.