



FCB-Heading - Finish on Goal

The yellow player #1 serves the ball to the red player #1 (easy underhand toss). Red player heads the ball on goal. After serving the ball, the yellow player continues to the back of the red line and the red player who just headed the ball on goal continues to the back of the yellow line. Variation: work both sides, different angles, instead of tossing the ball play an easy punt.