



FCB-Heading - Head with Purpose

Start with a 25x25 area and have two teams of five. One team starts with a ball in one of their hands. This player can throw the ball to any of his teammates and that player would have to head the ball to a teammate who can then catch it. In other words, one player throws the ball, one heads it and another one catches it. A team gets a point for three consecutive throw-head-catches. If the ball hits the ground, or the other team wins the ball, the other team then gets the ball and the count resets. You can add neutral players to create more success.