



FCB-Heading - Relay Races

Two teams. Relay #1: The 'serving' player serves the ball to the first player in line. That player heads the ball back to the server, then sits down. Ditto, second, third and fourth players. When the whole team has completed the heading, then the first server sprints to the back of the line and the next player 'up' becomes the serving player. Each player has to serve the ball. First team to complete the whole sequence wins. Relay #2: Instead of heading the ball back to the server, each player 'flicks' the ball backwards to the player behind her. Meanwhile the player serving the ball sprints to the back of the line and attempts to catch the ball off the last 'flick' 1 point for each completion.