



### FCB-Heading - Progression

In 2s/1 ball per pair. One player serves, partner heads the ball back. 1. From sitting position 2. From kneeling position 3. From standing position 4. From jumping position. The 'serving' player defends a small goal. The 'heading' player looks to score on that goal. Rotate every 10 balls. Coaching point: 'Attack' the ball. Use your head as a weapon.