



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: Eight players are set up on a small field, with pairs of players starting on the end lines.

Procedure: Play begins with the 1st attacker serving a long, driven ball into the 1 v 1 at the other end of the field. The 2nd attacker attempts to flick the ball on with his head, and the defender tries to head the ball back towards the 1st attacker. The players in the 1 v 1 are allowed to move before the kick is taken. After completion, the ball is served back across the grid to the next pair. After five minutes, the players form new 1 v 1 pairings.

Teaching Topics:

- 1 Heading.
- 2 Checking runs.
- 3 Positioning.

Progressions:

- 1 Progress to 2 v 2.

Coaching Points:

- 1 Push back into the defender, and then run towards the ball in order to flick it on.
- 2 Take the defender away from the server, and then check back to the ball.
- 3 The attacker should make body contact and feel for the defender behind him.