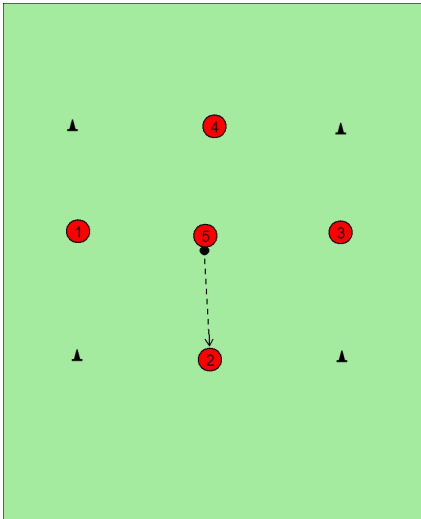




Four way headers



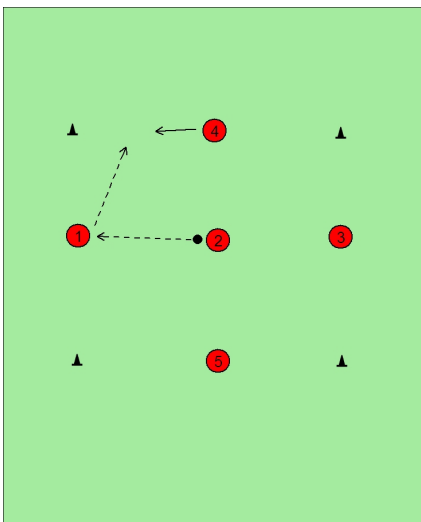
How it works

Four players stand inbetween the cones on each side of the grid with another player standing in the middle with a ball.

Player 5 starts by feeding the ball to Player 2 for them to head back.

Player 5 keeps serving to any player on the sides of the grid to head back.

Change the player in the middle quite quickly and get them to vary the feeds so the other players have to move to the side, forward or even jump up to head the ball back.

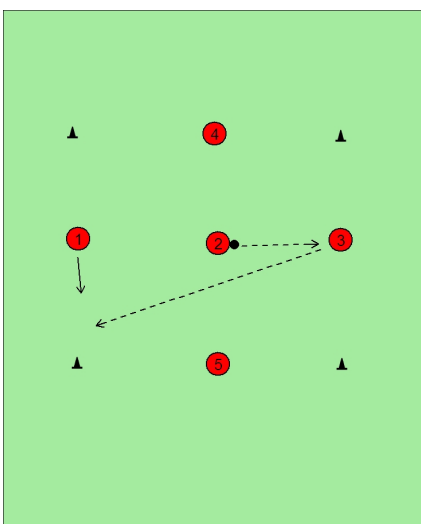


This time the middle player still feeds the ball to one of the players at the side of the grid.

However, instead of simply heading the ball back this player must try and direct their header to one of the other sides of the grid to score past another player.

To score a goal the ball must go behind the line of the cones below head height.

Goal or not Player 4 must return the ball to the central player so they can feed the ball for another header.



This time Player 3 has tried to head the ball back past Player 2 to score in the opposite goal.

Keep changing the player in the middle so that all get a turn and players can keep score if they wish, though to compete fairly each player would need to receive the same number of feeds.

Possible changes

Players could throw the ball in the air for themselves to head at another goal.

Players 1 and 4 (as in this diagram) could play doubles against Players 3 and 5 serving for each other to head at either of the other player's goals. The ball could even be headed straight back without a serve if it is at the right height to do so.