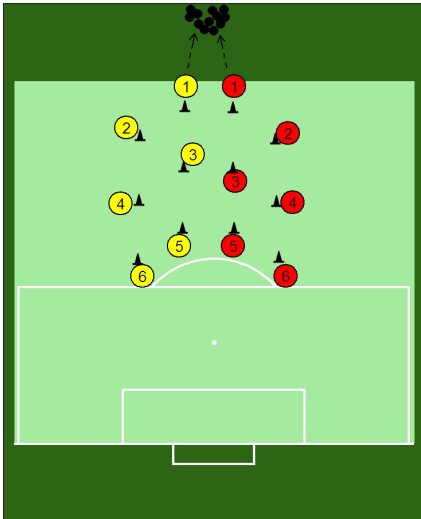




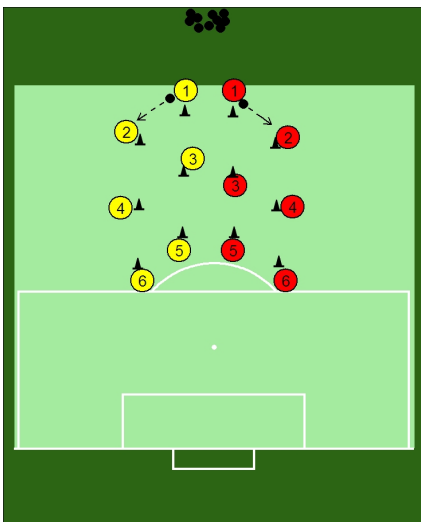
## Heading race



### How it works

Two teams of players line up as seen in the diagram with one player standing by each cone outside the penalty area.

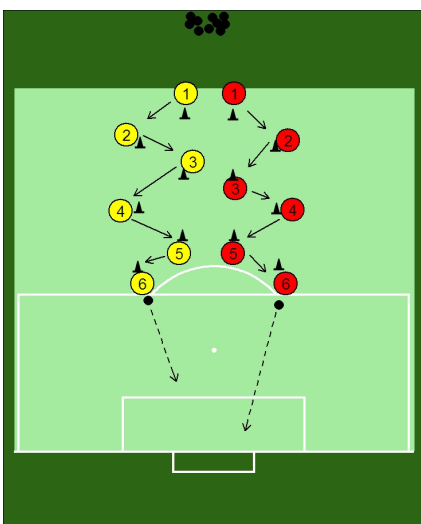
On a signal from the Coach, a stopwatch is started and Player 1s run to the balls and dribble one back to the same cone.



As soon as they get back to the cones, Player 1s pick the ball up. They then throw it up in the air and try to head the ball into the hands of Player 2.

The players repeat this all the way down the diagonal cones to Player 6.

If a player drops the ball they must dribble it back to their cone before picking it up and heading it to the next player.



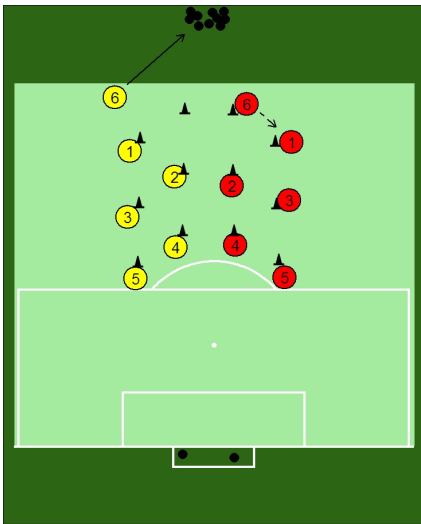
Player 6 then drops the ball and shoots for goal. The shot must be taken from behind the line of the penalty spot.

After shooting at goal they must run back up to the halfway line to collect another ball.

Meanwhile, all the other players must move one diagonal place closer to the goal.



## Half pitch - heading



Red Player 6 has already collected a ball and headed it to Player 2.

Yellow player 6 still has to collect and dribble a ball to the first cone before starting the heading relay down the diagonal cones.

The race continues until Player 1s have had a shot on goal so every player has had a turn.

Each team gets 5 seconds knocked off their time for each goal that they score.

Teams can then race off against each other again but also try to beat the record time set.

### Possible changes

Players can just dribble and pass the ball down between the cones.

Have as many players as you like for larger groups - just add more cones.

**Advanced** - Player 1s feed the ball for Player 2 to direct a header for Player 3 to catch. Player 3s then feed the ball for Player 4 to direct a header to Player 5 to catch. Player 5s then feed the ball for Player 6 to head towards goal and shoot.