



## Throw Head Catch

**Category:** Technical: Heading  
**Difficulty:** Moderate

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### Description

Heading game designed to develop heading technique and timing

### THC Game (15 mins)

Ideal playing area is 2 penalty areas long. Full size goals are ideal.

Players throw the ball to a teammate who heads it to another teammate. Each THROW must be followed by a HEADER (no blocking with hands). If the ball is thrown and hits the ground is automatically goes to the other team. If the ball is HEADED and hits the ground play continues until someone recovers the ball. Every throw must be followed by a HEADER (from either team). Each HEADER is followed by a catch (or another header). Goals can only be scored with a HEADER.

#### Coaching Points:

1. Compete for every HEADER
2. Teamates must communicate with player heading the ball

#### Additional/optional conditions

1. Players must THROW the ball within 2 secs
2. Can only Throw to a teammate who is moving

