



## Defensive Heading (Indoors)

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

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### Description

Simple heading exercise designed to develop defensive heading where players attempt to head the ball high and away (and ATTACK the ball rather than let the ball hit their head)

### Screen 1 (10 mins)

Players are in 3's, 2 at one end and the 3rd about 5 yards distance.  
Player 1 throws the ball high towards player 2.  
Player 2 ATTACKS the ball and heads it high past player 1 (usually into the net above the wall)  
Player 1 moves to player 2 position, player 2 moves to player 3 position and player 3 recovers the ball and prepares to throw it to player 1

