

**EXERCISE RULES:**

All players in a circle around the coach. The coach has a ball. The coach approaches each player and gently tosses the ball toward the player. As the coach tosses the ball he says either "Head it!" or "Catch it!". If the coach says "Head it!" the player must catch the ball. If the coach says "Catch it!" the player must head the ball. If the player performs the wrong action they are out and they sit down. The coach keeps going until there is 1 winner

FOCUS TEAM

Team tactical principles:

Opponent Team

Team tactical principles:

AGE:

U8 / U13

PLAYERS:

11