

SUN MEN.

HEADSUN - ~~straight~~ straight to standing.

- all coaching points.
- into directional heading.
- into jumping headers.
- into heading into the goal

Receiving the ball with back to goal =>

first introduced shielding -

ball served <sup>in air</sup> into target player who must control the ball using appropriate control surface for serve, briefly shield ball against passive defender and execute turn to get out of shield, knock ball to one side and get off quick shot.

(vary service).

afternoon

Serving ball.

inside and outside

partners

three

to goal.

game w/ goalkeepers =

4 goal free for all - 3 teams of 4

50 x 50 grid.