



## HEAD/CATCH GAME

### Emphasis:

This soccer game is more of a fun activity. When players need a break from the normal drills, need a reward from hard work, or if you just want to let the players goof around. It focuses on listening and reaction skills and helps with heading.

### Game Info:

This is for ages U6, U8, U10 and U12. It is best run with at least 4 players but no more than 20 players. The game should be run approximately 10 minutes on a small field.

The coach will also make sure they have the following equipment: cones

### Setup:

Have the team form a circle around the coach, facing the coach. Only the coach needs a ball.

### Instructions:

The coach will always throw the ball towards the player's head as if the player is going to head the ball. The coach yells "HEAD" or "CATCH" to the player he is tossing the ball to.

The player must quickly react to the coach's command and perform the event the coach yells. If the coach yells "HEAD" the player must head the ball back to the player. If the coach yells "CATCH" the player must catch the ball and return it to the coach.

### Progression:

- To really get interesting, have the players do the opposite as this adds an interesting twist to this soccer game
- Use other body parts (keep it simple)

### Coaching Points:

- Just HAVE FUN!
- Listen effectively
- Decision-making