

PHASE 2

1. CHASE
2. LAUNCHPAD
3. RADAR
4. ACE

ACTIVITY 3: RADAR

OVERVIEW: RADAR is a dynamic exercise that challenges players' ability to see the field, engage in safe aerial challenges and execute proper heading technique under pressure.

PLAYERS: Divided into groups of four, each group occupies a separate 6 X 6-yard box. One ball per group.

INSTRUCTION:

- **Setup** – A server starts with a ball at one end of the box. The remaining three players are positioned at the opposite end of the box, evenly spaced across the end line. The player in the middle is the attacker and each player on the outside is a defender.
- **Action** – The attacker starts the exercise by sprinting across the box to touch the opposite end line, and then quickly retreats toward the middle of the box. One of the two defenders (previously and secretly communicated) meet the retreating player in the middle of the box to engage in an aerial challenge.
- **Heading** – The ball is served for the attacker to jump and head back to the server's hands. The defender applies light aerial contact but does not engage the ball. Once the ball is back in the server's hands, the players retreat to their starting positions to repeat.
- **Transition** – Each player gets 4 heading attempts before players rotate clockwise.

COMPETITION: Individuals earn points for their group by successfully heading the ball back to the server's hands without the ball hitting the ground. Teams keep a running point total of points earned by each team member.

KEY WORDS:

- Build a Barrier – Goalpost arms, palms out to control contact and elbows below shoulders
- Heading Mechanics – Eyes open, mouth closed, tongue to roof of mouth; Torso brought back early, chin tucks in; Torso snaps forward, neck extends toward the ball; Center of forehead strikes through the ball

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