



# Hearts u13/u14 - Defensive Heading

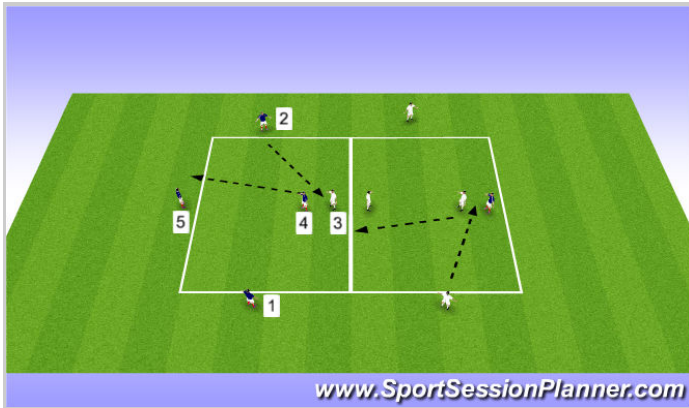
Category: Functional: Defender

Difficulty: Difficult | Start Time: 09-Oct-2015 18:10h

Graham Rennie



## Defensive Heading Technical Practise (15 mins)



## Conditioned Game (10 mins)

