

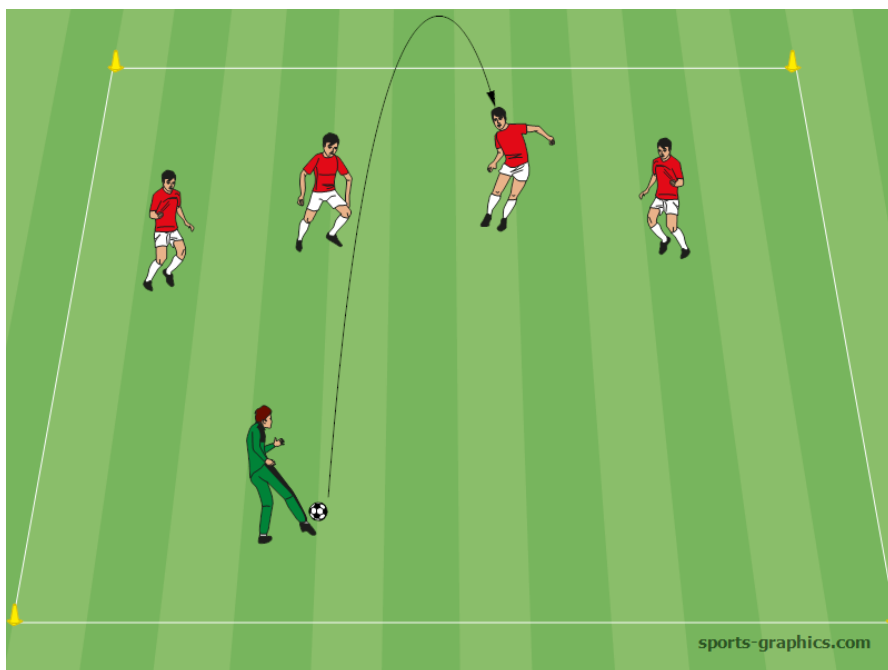
BASIC DEFENSIVE HEADING

Develop basic heading technique (defensive)

TECHNICAL

Heading

Defensive Heading



Set up a 15x15 playing area.

Set up with a coach or server positioned appropriately from four players (preferably back four as this is relevant to defenders).

Serve the ball into the air for the four players to deal with the ball with defensive headers.

Ensure all four players are affected in the exercise, and that the exercise is as game realistic as possible.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Contact point on the ball.
- Correct technique for defensive headers.
- How to make good early decisive decisions to attack the ball.
- Improve technique with defensive heading.
- To develop confidence in heading the ball.

KEY FACTORS

- Arch back, use neck to punch through ball
- Communication
- Eyes on the ball
- Good body shape to attack the ball
- Make contact with the middle of the ball
- Stay light on the feet
- Use forehead, eyes open

FOCUS AREAS

- Attack the ball and follow through.
- Contact point on the ball using the forehead.
- Encourage players to head with eyes open and mouth closed.
- Ensure that players build confidence with heading technique by demonstrating the correct method.
- Generating the correct force to head the ball to travel the required distance.
- One footed and two footed jumping (best method for the right situation).
- Use of arching the back/neck muscles.

BASIC DEFENSIVE HEADING

Develop basic heading technique (defensive)

