

HEADING 2v2

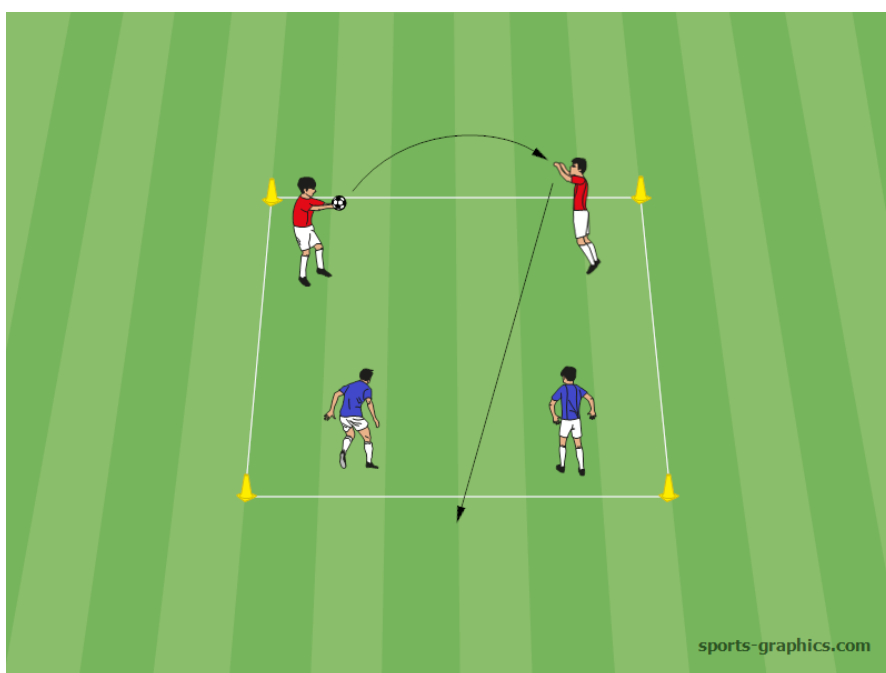
Develop basic heading technique (attacking)

TECHNICAL

PSYCHOLOGICAL

Heading

Attacking Heading



Set up a 5x5 area.

Two teams of two players attack the opponents goal (their side of the area). The practice begins with a player serving the ball by hand to their teammate who heads the ball to score in the opponents goal.

The defending team can use their hands to save the ball.

The defending team then repeat the process.

With young players, do not spend too much time at once on heading.

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 attacking headers.
- To develop confidence in heading the ball.
- Working as a pair.

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
- Make contact with the top of the ball to head downwards
- Stay light on the feet
- Use forehead, eyes open

FOCUS AREAS

- Attacking headers should be directed down to the feet of the opposition by getting over the top of the ball and may need to jump to execute the technique correctly.
- Communication between the pair.
- Encourage players to head with eyes open and mouth closed.
- Ensure that players build confidence with heading technique by demonstrating the correct method.
- Ensure that players make correct contact with the forehead and body shape (chest aiming at target).
- Eyes on the ball.
- One footed and two footed jumping (best method for the right situation).
- To change the direction of the incoming ball by heading, turn the body to face the direction intended to send the ball before firmly heading through to the target.

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