

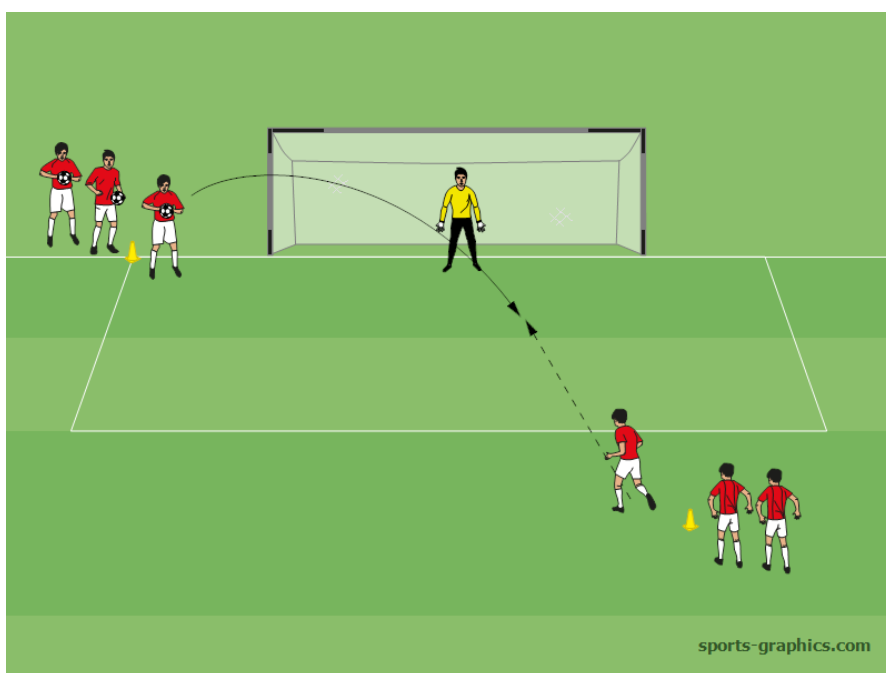
BASIC HEADING

Develop basic heading technique (attacking)

TECHNICAL

Heading

Attacking Heading



Set up within the 18yd box, placing two cones as shown and a goalkeeper in goal. Arrange players on each cone, the servers with a ball each.

Servers place the ball into the path of a teammate to head towards goal.

Ensure the service is of good quality with pace to enable the player running onto the ball to head effectively.

Repeat practice and swap roles of players. Swap service line to the other side of the goal.

It is important with this practice that the coach carefully monitors the amount of time the players are constantly heading the ball (especially younger age groups).

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.
- Encourage players to head with eyes open and mouth closed.
- Ensure that players build confidence with heading technique by demonstrating the correct method.
- 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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