

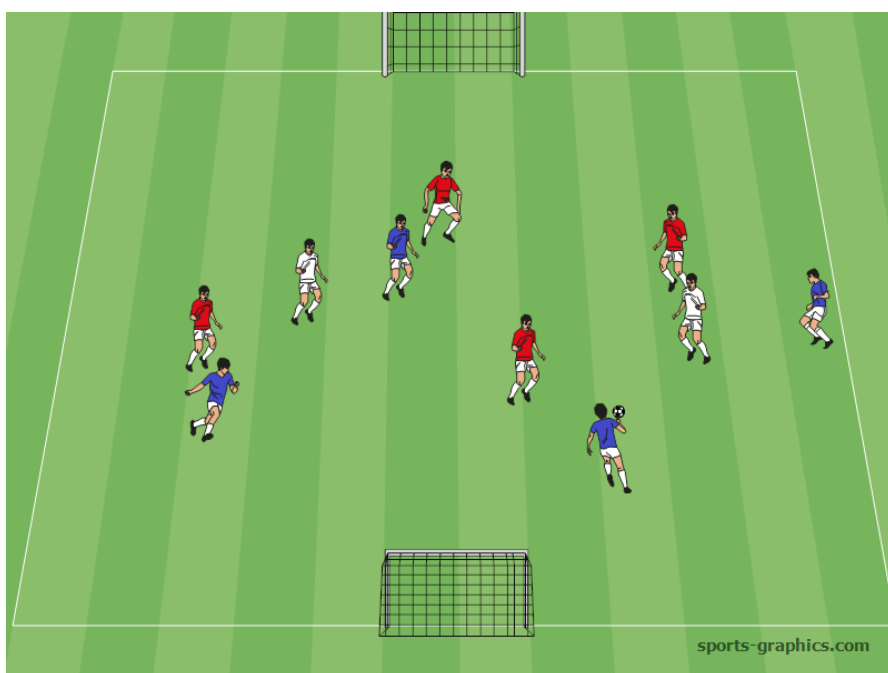
HEAD BALL

Improve basic heading in a technical practice

TECHNICAL

Heading

Attacking Heading



Create an area up to 30x20 - modify the size depending on the number of players.

Set up two goals, with goalkeepers, at each end (goalkeepers not essential).

Divide the players into two teams with bibs, and two further neutral players.

Place as many balls as possible around the area for fast restarts.

Teams keep possession by throwing and catching the ball.

Players can only hold the ball for three seconds and cannot move from the spot it is received.

They must then throw it to a teammate or a neutral player (neutral players play for the attacking team).

To score, the players must head the ball into the goal.

If the ball touches the ground, goes out of

play or is held for more than three seconds, the opposition restart with the ball.

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

- Basic attacking principles.
- Contact point on the ball.
- Correct technique for attacking headers.
- How to make a run that attacks the ball.
- To develop confidence in heading the ball.

KEY FACTORS

- Communication
- Eyes on the ball
- Good body shape to attack the ball
- Good movement to create space
- Make contact with the middle of the ball
- Use forehead, eyes open

FOCUS AREAS

- 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.
- General build up play (width, depth and mobility).
- How other players in the unit make supporting runs.
- Timing of the run to attack the ball.
- 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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