

Heading

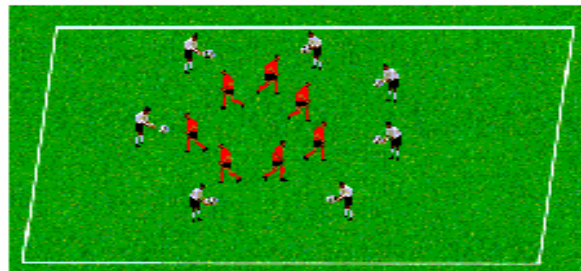
Coaching Points: Use top of forehead (hairline) to contact ball, Neck should be firm on contacting the ball, Keep eyes open, Head is moved forward-not up and down, Follow thru, Arms and elbows up for protection and thrust. Attacking-Head top half of ball and low, Defending-Head high, far, and away!

Heading Topics: Attacking Heading and Defensive Heading.

To warm-up for fun, play “Header Tag”. All players are inside a grid. One-three players have a ball and are “it”. “It” players run w/ball and try and hit a player with the ball, but they have to throw the ball off their head in order to hit a player.

Fundamental

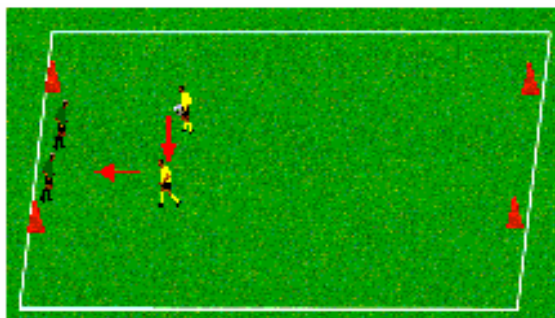
Half of the group is outside w/ a ball, half inside w/out. Players on outside toss a ball to inside player who heads it back to them. When inside player runs to outside player and a) sits down and heads ball back b) heads ball back c) jumps and heads ball back. Players switch up after each series.



Match Related

2v2 Battles

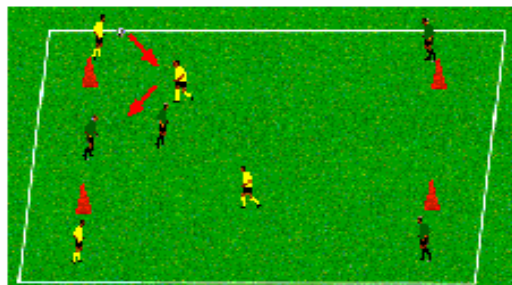
In this game, pair's work together to head the ball marked into the goal (cones). Each pair works together to advance the ball to the other team's goal by heading the ball back and forth or by tossing and heading. The pair who is not advancing the ball must go back to the coned goal and have to stay on the line until the attacking pair has attempted a goal with their head or the ball dropped. Once a ball drops the pair that was attacking must immediately run back to their goal and the pair that was defending can start from where the ball dropped and try and score. FUN GAME! Play for time or points.



Match Related

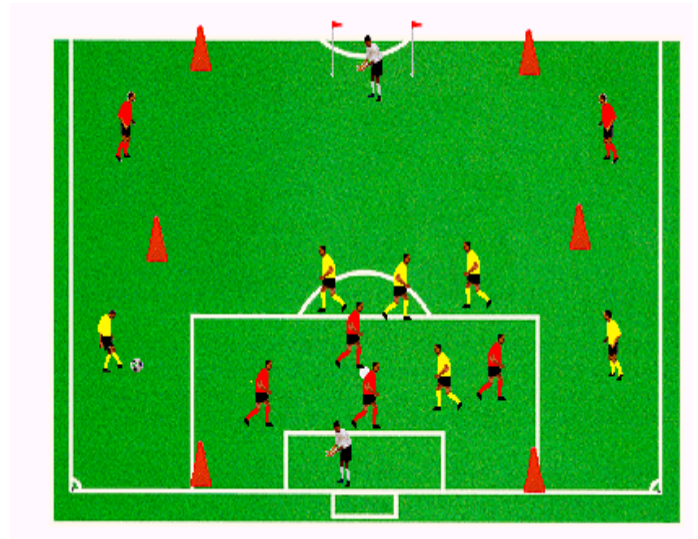
2v1 Game

This game builds off of the last one. Two teams of four. One team has a pair that is on the field and the other two take a place on an end line by their attacking goal. The only way to score is to receive a ball from one of the end line players and score with the head. The ball however is on the ground until it is passed to an end line player who may pick it up and toss the ball in. The team that is defending has one player who can defend while the other player must run back into goal. Play for time and then switch the pairs.



Match Related Wingers Game

Two teams except each team has one player on both sides of a channel that is marked on the side of the field. The only way to score is if the ball is crossed in for a goal with a head. Players in the channels can't be marked. Play with goalkeepers.



Match condition

Take away channels except make the field narrow so that when players throw the ball in, the opportunities to head the ball are there. Eventually move field out and play normal without restrictions.