

HEADING SESSIONS

Session 117: Improving Attacking And Defending Heading Through A Simple Heading Game

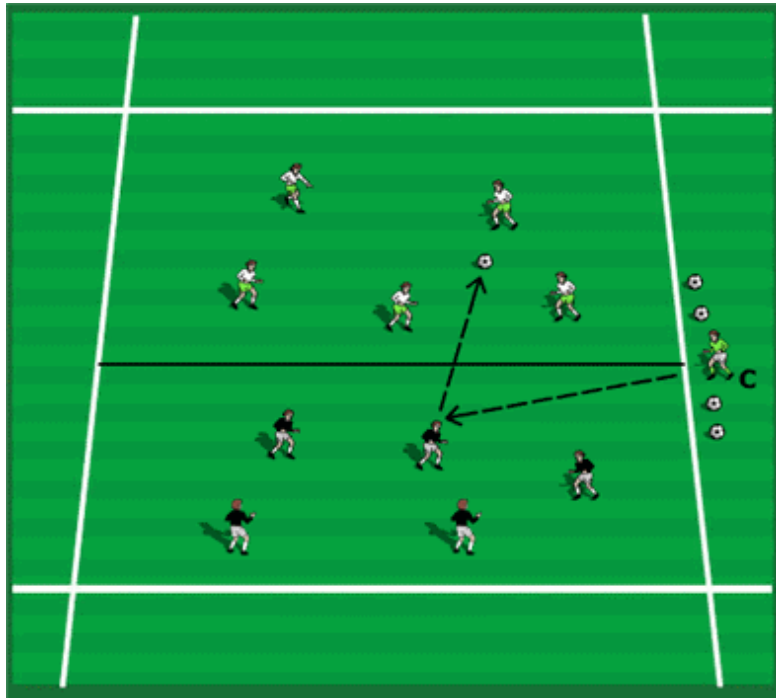
Session 118: Heading Technique

Session 119: Defensive And Attacking Heading Practices

Session 120: Throw / Head / Catch Game

Session 121: Attacking And Defensive Headers (Start At U10)

Session 117: Improving Attacking And Defending Heading Through A Simple Heading Game

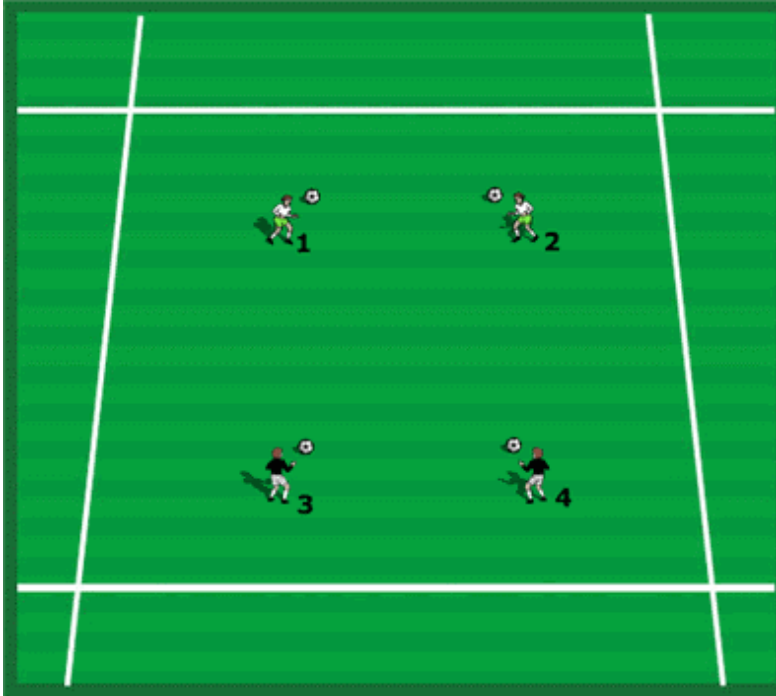


The coach feeds either team who head the ball past the imaginary net (i.e. the line of the coaches).

The other team then attempt to head the ball back past the imaginary line. If the ball hits the ground past the line before the player heads it back the coach's move to this mark. Throw to each team in turn.

If the ball is headed straight out the coaches go to where the ball was headed.

Session 118: Heading Technique

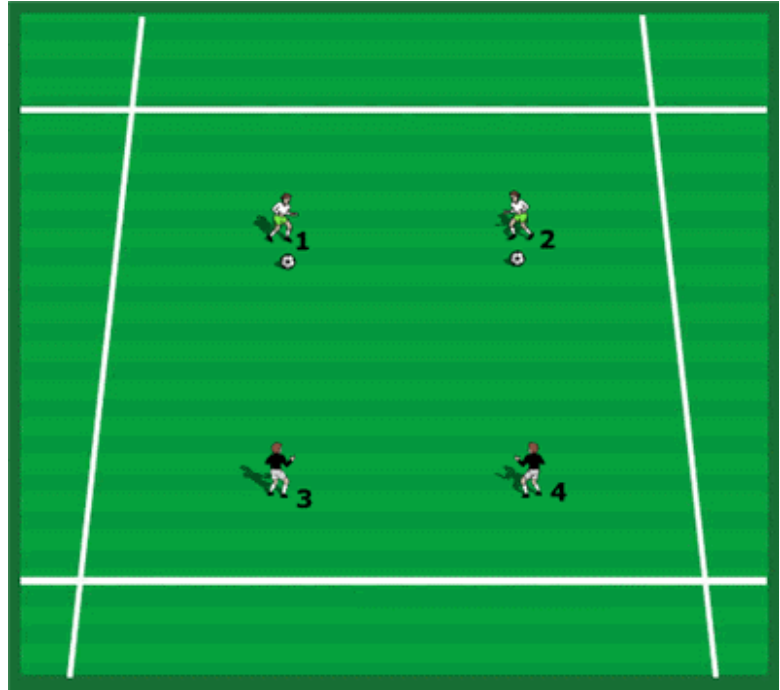


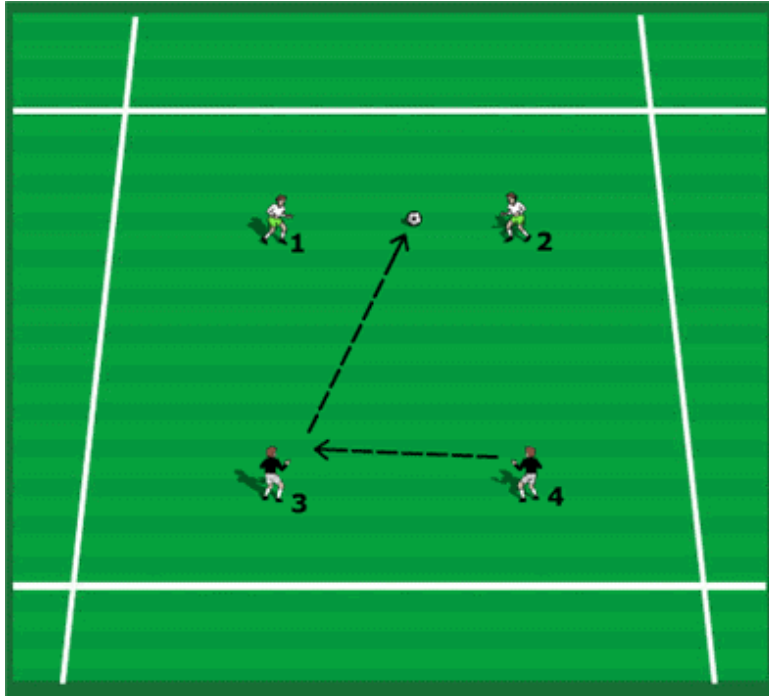
Ball Each:

1. Eyes open, use forehead, head the ball into the air and catch the ball.
2. Head the ball as high as possible) Try 2 headers, one small then one big.

Passing in 2's:

1. Throw the ball up and head to partner. Show stance i.e. arch back, step into header, power from hips.
2. Attacking headers, head to feet of partner, try to score past them.
3. Defensive headers, head over partner to score (maybe 5 yards apart).
4. On knees diving headers.

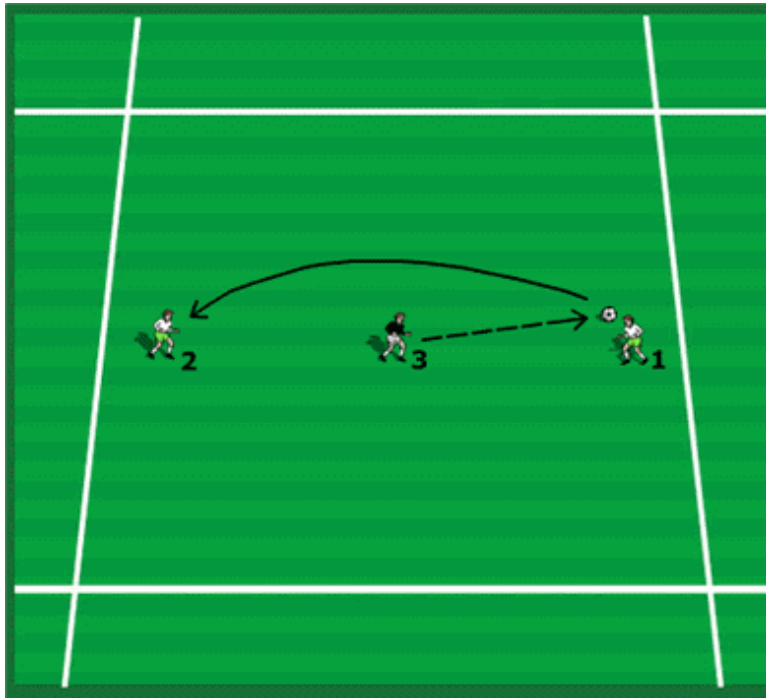




Develop 2 v 2: Serve own partner to head the ball. Other players try to head back first time and use the power of their header. (Other team can serve you to help get power on the header).

A 4 v 4 Game: Throw – Head – Catch. (Use a 20 x 10 grid). Players work in sequence to get the ball over the end line.

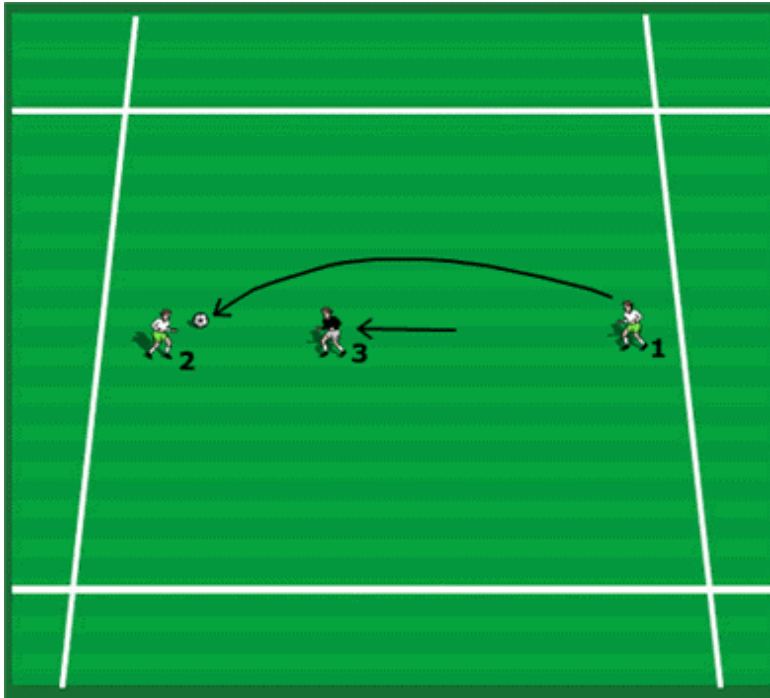
Session 119: Defensive And Attacking Heading Practices



Player (3) serves the ball to (1) who heads the ball over the top to (2).
Rotate the players.

Develop: Throw the ball short so the player has to move and meet the ball and consequently get more power on the header.

Change above by heading past the middle player with an attacking downward header.

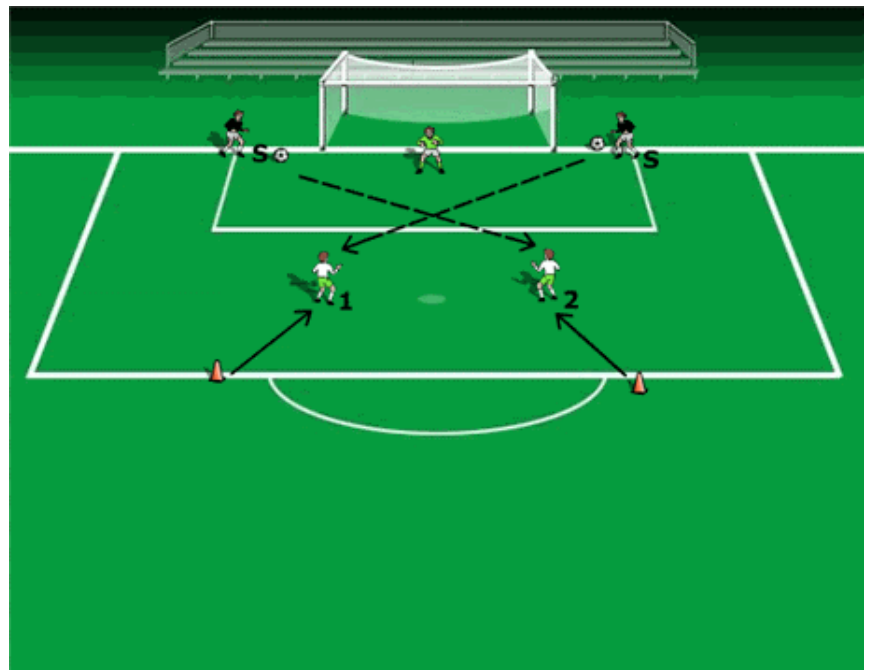


(2) throws the ball over the middle player (3) and (1) must meet the ball with a defensive header. Middle player can close down the player heading the ball to put them under pressure.

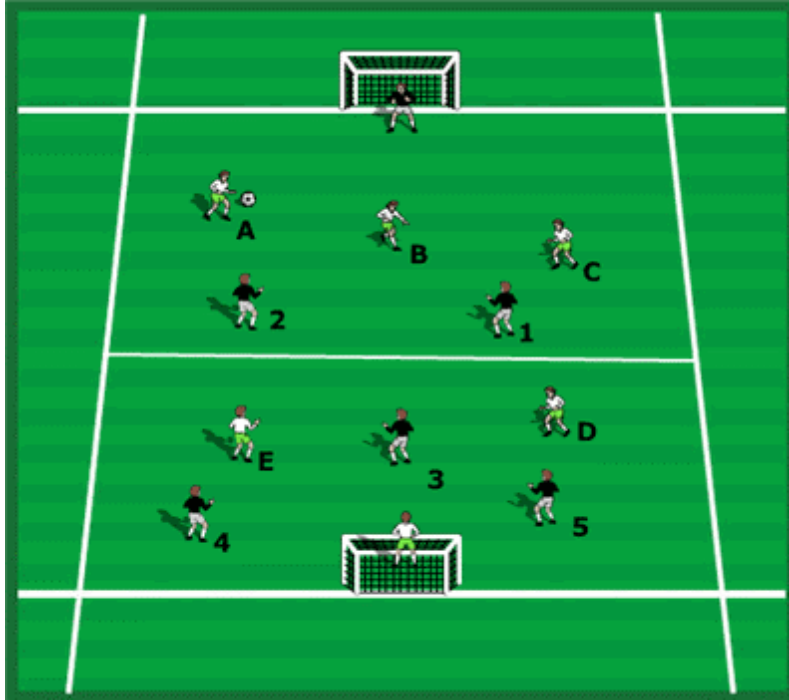
Change above by heading past the middle player with an attacking downward header.

Attacking headers on goal. Work on keeping the headers low which makes it more difficult for the keeper.

Player must move onto the ball to gain power from the momentum of the movement.



Session 120: Throw / Head / Catch Game



Coaching Points of Heading:

1. Keep eyes open
2. Move into the ball to head it with forward momentum where possible
3. Head with the forehead not the side of the head
4. Get power from the hips and back not the neck
5. Arch the back and use the upper body for power
6. Head high for defending headers, low for attacking headers

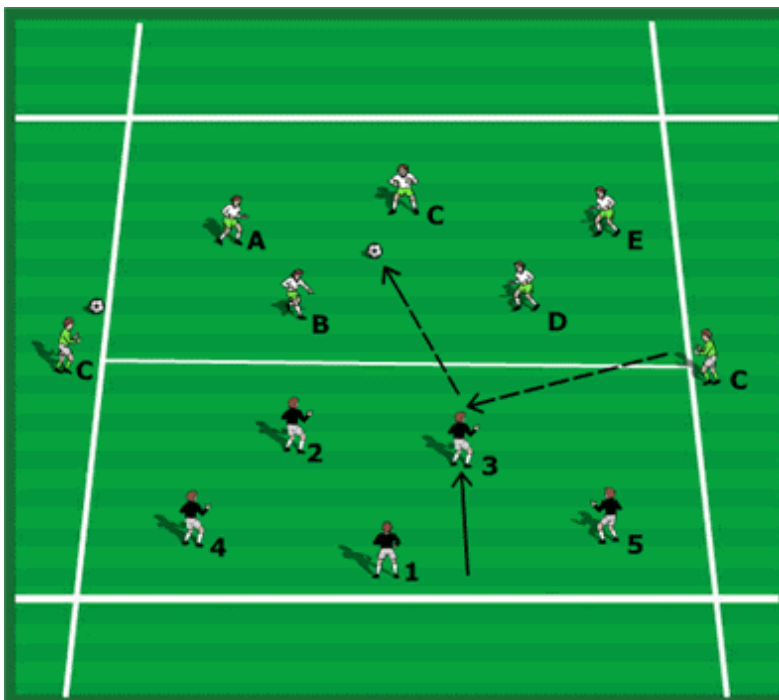
Players have to throw the ball and the next player must head it. The next player catches it.

Players cannot run with the ball but can run anywhere on the field without it.

Players must head the ball into the goal to score.

Coaching Points for the Game:

1. Quality service
2. Header with purpose and direction
3. Support positions by team mates (for the pass to head or the header to catch)
4. Attacking or defensive headers to suit where the ball is going (between opponents, over opponents)
5. Attacking headers to finish and score on goal.



The coach feeds either team who head the ball past the imaginary net (i.e. the line of the coaches). Players take turns on each team heading the ball when they have possession of it.

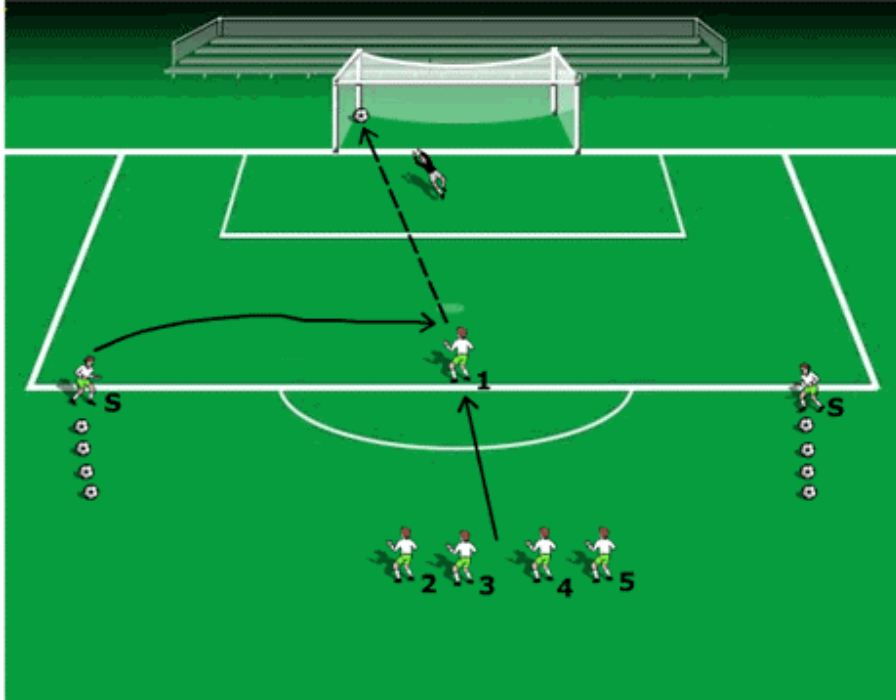
The other team then attempt to head the ball back past the imaginary line. If they do it successfully they gain possession and the game restarts at the point the ball hit the ground. They have to work the ball forward until they can head the ball over the back line to score.

If the ball hits the ground past the line before the opponent player heads it back, the coaches move to this mark. Throw to each team in turn. If the ball is headed straight out at the side of the field the coaches go to where the ball was headed out and the opponents gain possession.

Coaching Points:

1. Good service from the coach
2. Heading the ball forward and down with pace to move forward (attacking headers) or over the top of players to score (defensive headers)
3. Recovery (usually diving) headers by the defending team players before the ball hits the ground to regain possession.

Session 121: Attacking And Defensive Headers (start at U10)



Attacking Headers

Attacking headers at goal.

Have each player do four headers at goal, two from each side, then rotate.

Players must attack the ball and head it at goal then check back to the edge of the box and turn and attack the next delivery from the other side.

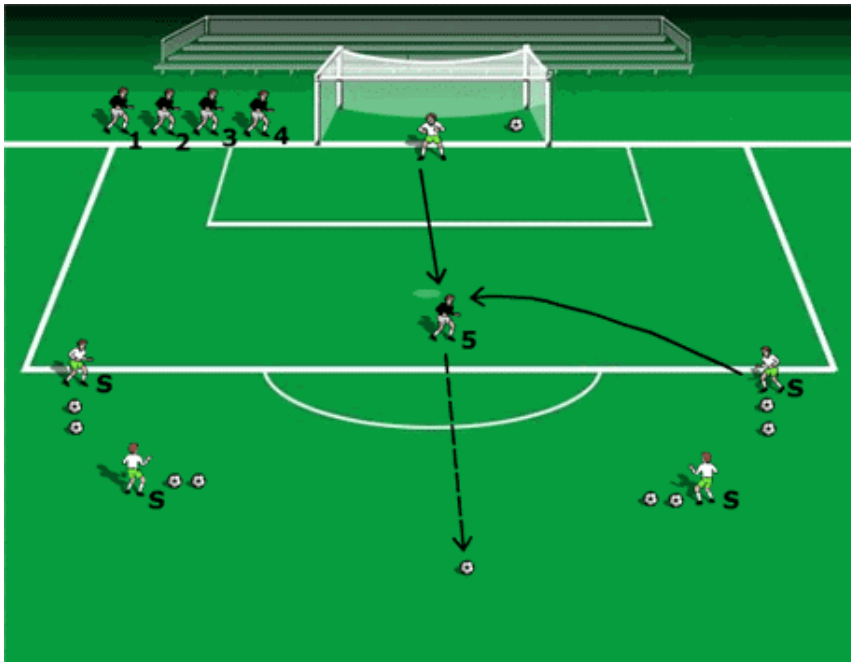
They are best heading for the corners of the goal and heading the ball down so it is harder for the keeper to save. Try to get over the ball to head it down with the forehead.

Develop:

1. Introduce a passive defender to put them under pressure but not challenge yet, so they do not jump with the striker just get in the way
2. Defender makes a challenge.

Bring in two strikers at the same time and crosses can go to either of them, have them react off each other following in for rebounds.

Defending Headers



1. The servers cross alternatively with two central deliveries and the defender has to head to ball out and over the coach. The defenders try to head the ball with height and distance. Try to get under the ball and head it with the forehead.
2. Have each player do four at a time, one from each side, two from a central delivery then rotate.
3. The defender starts close to the goal line and runs and heads the ball as it is delivered with no pressure to begin. They then

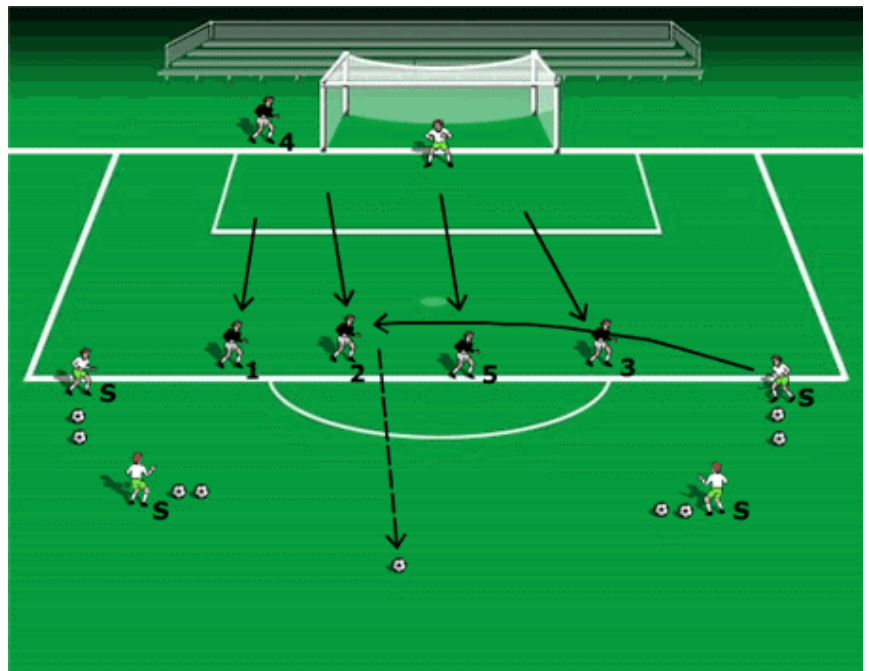
check back to the line and attack the next ball coming in from the other side.

4. This is good practice for all of the players across the back line but especially the center backs.
5. Midfield players could do this too; though have them practice it in the midfield area of the field so it is pertinent to where they play.

Develop: Introduce three more players in their positions across the back four and have the servers deliver to different areas of the field so each gets to make a header, and once they head it have all four players run out of the box as a unit.

They then drop back again waiting for the next delivery.

Introduce two strikers to challenge the defenders in their clearances.



Once the ball is headed clear and the back four break forward it is even more obvious how important this is if the two strikers are left all alone and in offside positions.