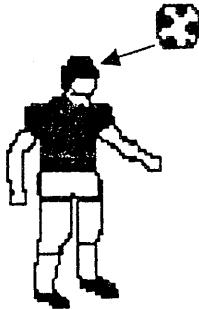


HEADING

STATIC STAGE

Game Setup:

Basic heading technique
5 x 5 yd grids
Each player has a ball.



Basic Sequence:

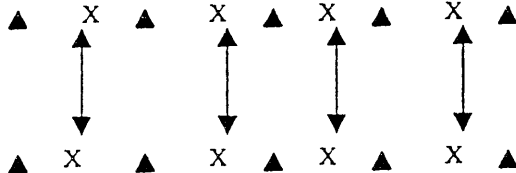
Boxer's stance – one foot in front of the other, bent knees, on your toes, lean back from the waist. Hold ball in two hands in front of you and pull back onto forehead. Repeat 10 times. Keep eyes open for as long as possible, make contact with forehead through the middle of the ball.

Variations:

DEVELOPMENT

Game Setup:

5 x 5 yd grids.
In two's. One ball between two.
Standing at opposite end of grid facing each other.



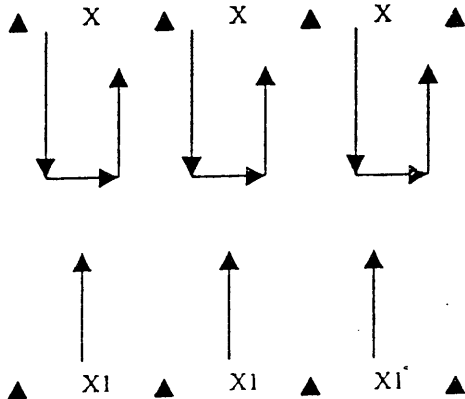
Basic Sequence:

X holds ball in two hands, pulls ball back onto forehead and heads ball down to partner's feet. X1 repeats process. Stay in boxer's stance, lean back and throw body forward as you bring ball back onto forehead. X now throws ball up in the air and heads ball to X1. X1 repeats process. Stay on your toes, lean back and throw body forward extending legs as you do so and drive your forehead through the ball. Look for whip like extension of neck at time of contact. Keep arms to the front and side of body for balance, protection and to help propel body forwards. X now throws ball to X1 who heads ball back to X. Must stress good service (two handed underarm throw). Stay on your toes and be prepared to move forwards, backwards or sideways to get in line with the ball.

DYNAMIC STAGE

Game Setup:

5 x 10 yd grids.
In two's. One ball between two.
Standing at opposite ends of grid facing each other.



Basic Sequence:

X serves ball to X1 who has to run forward from his line and head ball back to X. Serve should again be underarm and should look to land in the middle of the grid.

Guidelines:

Looking for good footwork to get in line with the ball, good body position, good contact through ball. Each player has 10 attempts.

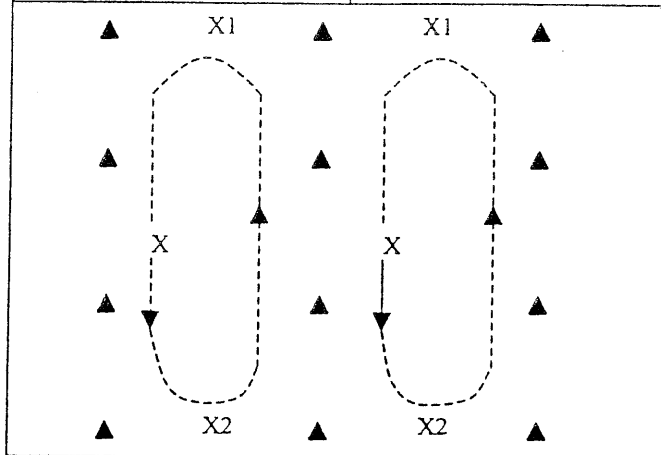
Variations:

HEADING – LEVEL 1 (CONT'D)

Game Setup:

5 x 15 yd grids
Groups of three.
Two balls per group. One server stands on each end line with a ball and third player stands in middle of grid.

PRESSURE STAGE



Basic Sequence:

X heads ball to X1 and X2 alternately. Can only head ball in server's grid forcing X to run through the middle grid before attempting each header. Each player has 10 attempts before changing positions.

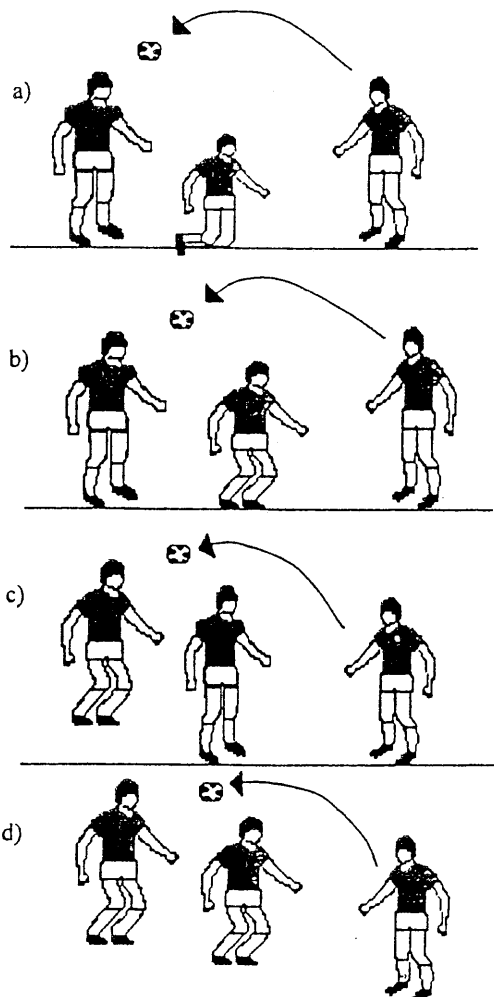
Guidelines:

Good footwork, get in line with the ball, good contact, head ball to servers chest.

Game Setup:

5 x 5 yd grids
Groups of 3. One server, one defender, one attacker. One ball per group.

HEADING WITH OPPOSITION



Basic Sequence:

a) Attacker and server stand 4 – 5 yards apart facing each other. The defender kneels in front and with his back to the attacker facing the server. Server serv ball over defenders head for attacker to head back to him. 5 – 10 repetitions.

b) As in a) but this time defender squats in front of attacker (top of head needs to be level with attackers shoulders).

c) As in a) but this time defender stands in front of attacker (defender is not allowed to jump). This forces the attacker to jump up to head the ball back. Stay on your toes, bend knees, use arms to get good lift, arch back to get good whip like action with upper body and neck, keep our eyes on the ball.

d) As in c) but this time defender can also jump to try and head the ball.

Guidelines:

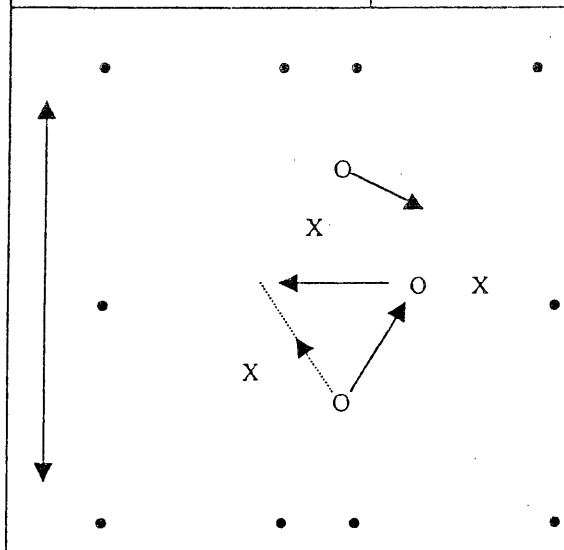
Try and make the server throw the ball over the head of the defender to give the attacker a chance to head the ball. Attacker is NOT allowed to touch defender with his/her hands (to avoid attacker using defender a springboard).

HEADING – LEVEL 1 (CONT'D)

CONDITIONED GAME

Game Setup:

20 x 20 yd grid
3 v 3
Small sided game.
Goal at each end of grid.



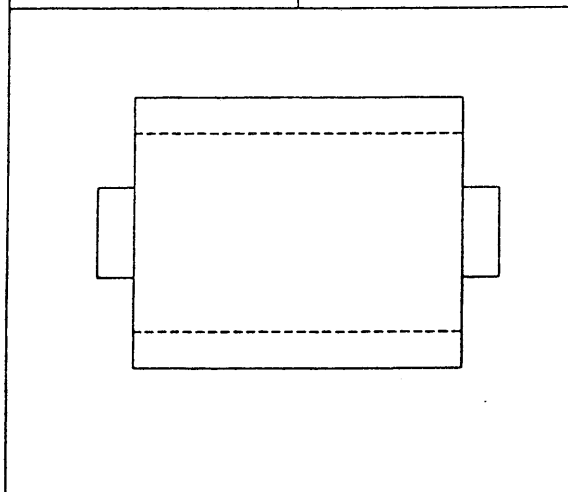
Rules:

1. Can only pass ball by throwing to teammate to head.
2. Once ball has been passed it must be followed by a header. Player can catch ball off his/her own header or try and head it to a teammate to catch. Failure to head ball after pass or to catch ball after header results in a free throw to opposition from place of infringement.
3. Once ball has been caught following a header only then can the next pass be made.
4. Ball can only be intercepted following a header, passes cannot be intercepted.
5. Players are not allowed to run with the ball in their hands. Travelling rule same as in basketball.
6. No goalkeepers, player closest to goal can attempt to save ball but not allowed to use hands. Ball will be thrown in from corners.

REAL GAME

Game Setup:

20 x 20 yd grids or
30 x 30 yd grids
Four team.
Small sided games.



Basic Sequence:

Allow corner kicks to be taken by either throwing the ball in from the corner or punt kicking the ball in.

Guidelines:

Try to encourage ways in which players get the opportunity to head the ball in the game i.e. having a zone down each side of the pitch where one player is allowed to pick up the ball and throw it to his teammates to head for a goal. Encourage players to: spread out and look for good passing angles, move off the ball, support the man with the ball, build up play from defense, communicate effectively. Look for good aggressive attitude towards heading in the game (can allow an extra goal for every well executed header in the game).