



Heading

Teaching Heading



Look at the ball as it comes toward the head and keep the eyes open as contact is made.

Key Words

- Eyes open
- Watch the ball

To get more power, rock onto the back foot before the ball arrives to get some leverage when heading.

Key Words

- Rock back



Make contact with the forehead, not with the top of the head, and attack through the ball for power.

Key Words

- Forehead
- Power through



Incorrect heading of the ball.

Heading should be a pleasure, not a pain. Heading needs to be learned as well as all other techniques, as many goals will result from headers, and all outfield players will be required to head the ball many times during a game.

Headers not only finish movements with a strike at goal, they also start movements by intercepting a pass and heading to a player on the same team or heading to a teammate to shoot at goal.

It is also important for all players to be able to head the ball out of defense.



Skill Progression

- ☐ Shows no fear in heading. Attempts to head the ball.
- ☐ Looks at ball as it comes toward the head.
- ☐ Keeps eyes open as contact is made with the ball.
- ☐ Rocks onto back foot before ball arrives.
- ☐ Has ball make contact with forehead.
- ☐ Attacks through ball for power.
- ☐ Gets power behind ball, using the upper body and neck.
- ☐ Directs ball in correct, general direction.
- ☐ Directs ball with accuracy.
- ☐ Heads ball while standing.
- ☐ Heads ball while jumping.

Heading Faults & Fixes

Error	Correction	Drill/Test Reference
Ball hits player's head and goes in any direction.	Eyes must focus on ball.	Coach serves ball, ensuring that correct contact is made.
No direction in header.	Place feet in correct position.	Coach demonstrates correct timing.
Player refuses to head ball.	Build up confidence.	1. Use a lighter ball 2. Motivate 3. Show correct technique