



Individual Training - Heading

Category: Technical: Heading
Difficulty: Moderate

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Individual-Young Member

Description

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Technique: Heading

Heading Technique:

- Keep your eyes open all the time.
- Use your forehead to head the ball.
- Open your arms and bend your knees to keep you in balance.
- Bend your body back and swing forward when the ball approaches.
- You can keep one foot in front of the other or both feet together with a little distance apart.



Basic Heading Technique (15 mins)

Activity:

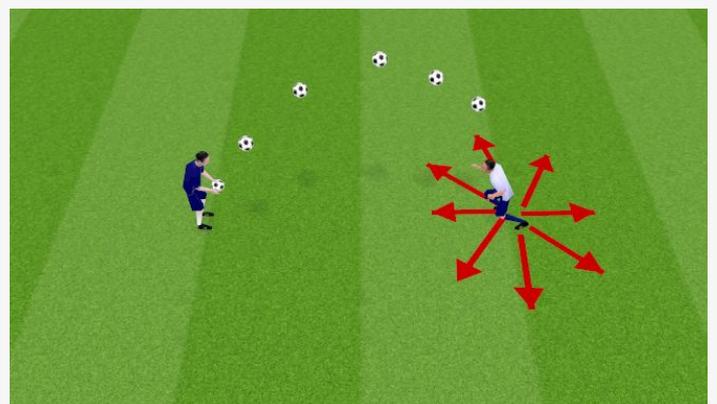
- The coach will throw the ball towards the player and the player will head back.



Heading in movement (15 mins)

Activity:

- The coach will throw the ball into space and the player will have to move and head back.



Heading - Goal (15 mins)

Activity:

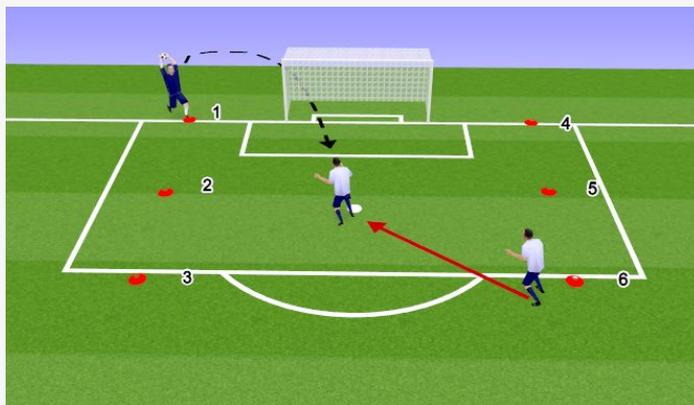
- 2 cones at the end of the line on both sides (#1 and #4). About 5 yards from the goal. 2 cones in the same line as the penalty line (#2 and #5). 2 cones on the top of the box line (#3 and #6)

How the game is played:

- The coach will be on station #1. The coach will throw the ball to the player that will be on station #6.
- The coach should aim towards the penalty line ... Player on station #6 should run towards the penalty line to finish on header.
- After a few repetitions, the coach should move from 1 - 2 - 3 - 4 - 5 - 6. The same should happen with the player so he/she can finish from different angles.

Variations/Progression:

- Coach #2 = Player #5
- Coach #3 = Player #4
- Coach #4 = Player #3
- Coach #5 = Player #2
- Coach #6 = Player #1



Heading Game (15 mins)

Activity:

- Use cones or flags to create the goals. Small cones to divide the field and create the grids.

How the game is played: The best would be with 4 players - A. However, the coach can play against the player (1 vs. 1) - B.

Example: A (2 vs. 2)

- Players # 1 and #2 will play against players #3 and #4.
- The player #1 throw the ball to player #2. The player #2 try to head the ball towards the goal (score between the flags). The player #3 try to defend as (GK).

After the play is finished ...

Example B: (1 vs. 1)

- The Coach will throw the ball to the player to head towards the coach's goal. The player must be behind the halfway line to head the ball.
- After the player finishes, the player will move back to his/her own goal and the coach will move halfway. The player will throw the ball towards the coach finish on the header.

It should be repeating every time!

