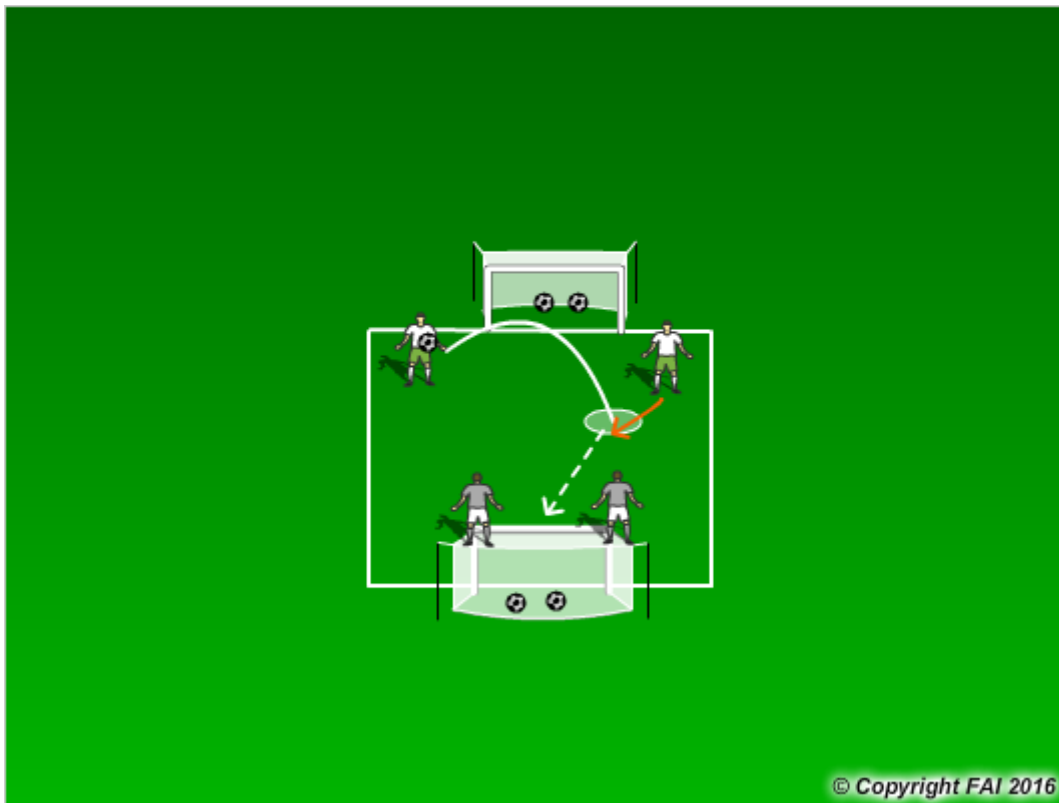


**THEME**

Heading

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A Game designed to improve players heading technique

**ORGANISATION**

- Area: 10 x 10
- 2 white players 2 Grey players
- White 1 must serve for white 2 to score with a header, greys can defend goal with hands
- Game must be fast and fun
- Progress to one player setting up a second player from higher up the pitch
- Coach to have a supply of footballs to keep the practice continually flowing

KEY FACTORS

- Eyes open & on the ball
- In line with the flight of the ball
- Contact with forehead
- Arch back for power
- Use different areas of forehead to direct header
- Decision making to use different types of headers for situation

NOTES

Encourage players to keep eyes open at all times when heading



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