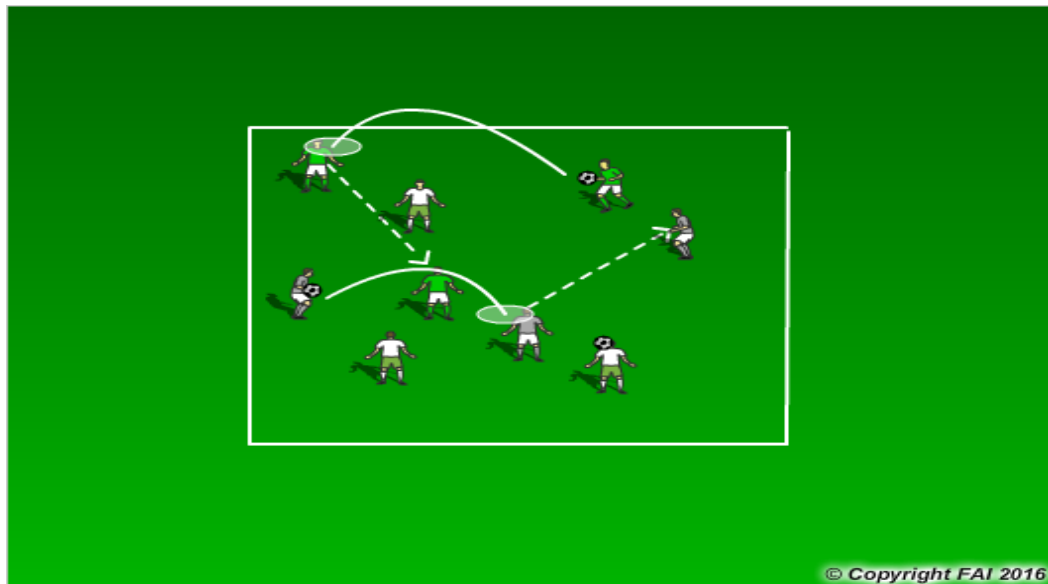


**THEME**

Heading

**DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to improve Heading

**ORGANISATION**

- Area: 15 x 15
- 3 white players 3 grey players 3 green players
- Each 3 have 1 ball between them
- Players must move around throw the ball to a team mate who heads to free player in that team
- Progress to working with 3 opposite colors
- 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

**NOTES**

Encourage players to keep eyes open at all times when heading

