THEME
Heading

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)
A Game designed to improve players heading technique

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

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

 Courtesy of FAI Coach Education Department