



Heading game

What you tell your players the session is about:

Heading to score.

What you tell your players to do:

Your players must make attacking headers to score against the opponents team. After their turn at heading, each player then becomes the keeper.



what to shout

- “Keep your eyes on the ball”
- “Use your body to generate power”
- “Head the top half of the ball”
- “React to the next ball”



what to look for

- The attitude of each player when heading – are they aggressive and determined to score?
- Do they use good technique?
- Are they willing to head a ball when served low (i.e. a diving header)?
- Who reacts quickest to the next ball?



what to think about

Heading is one of the most difficult techniques to coach your players. Young players in particular have a fear of heading the ball and this game encourages them to work on it in a continuous and fun game.

What you get your players to do:

Set up:

Arrange two flags or cones as goalposts.

Split your players into two teams and get them to line up behind a marker, one team on either side of the goal as in the diagram.

A player from one team starts in goal.

Serve the ball up in the air for a player from the other team.

The attacking player must attack the ball, heading the top half of the ball in a downward direction to either side of the goalkeeper in an attempt to score.

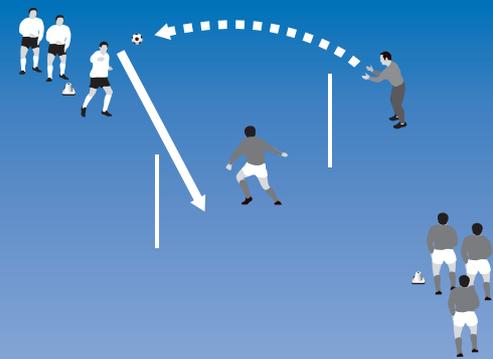
As soon as the attacking player heads the ball he must react and take up the role of goalkeeper to defend a header from the opposite team.

You then turn and serve the ball to their opponents.

As the game progresses you are alternating serves between the two teams.

The first team to score five goals is declared the winner.

Heading game



serve header

Development

Rather than you serving the ball to the attackers, get one or more of your players to take it in turns delivering a cross for their team mates to attack.

How would I put this into a game situation?

Play a normal or small-sided game but any goal scored using a header is worth 3 goals. This will give the players extra motivation to get crosses in and score with headers.