

## Heading: Skill/Technique #1

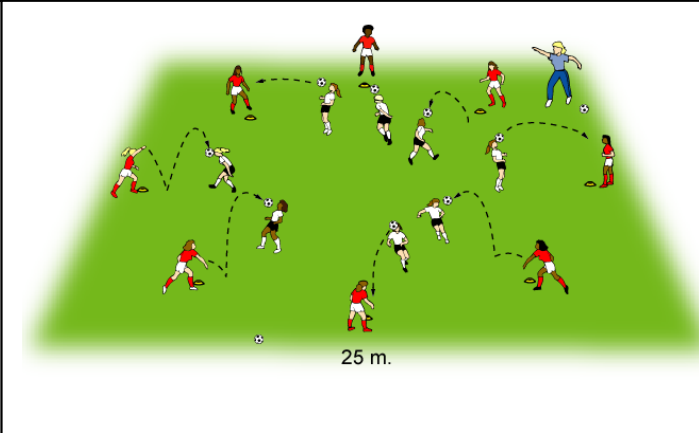
**Skill/Technique:**

**General Heading Technique**

**15 minutes**

**Organization:**

- Set-up markers in a circle as shown with a radius of approx. 25m.
- Divide players into two equal groups. One group with a ball each stands by the markers. The other group without a ball working inside the circle.
- Each player works for one minute and switches roles



**Coaching Points:**

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to “pull your head onto the ball”.
- When jumping take off of one leg.
- Head through the ball to direct it.

**Description:**

1. Server use a two handed, over-arm throw to bounce the ball initially when serving the ball in the air. Players without a ball jog around the area calling for the ball from the servers. The player receiving the ball must use a particular heading technique in passing the ball back to the server. Upon the command of the coach the players change roles.

**From Bounced Serve:**

- a. Run and head the ball forward to the server
- b. Run in curve and head ball sideways to the server.
- c. Jump to head the ball forward to the server.
- d. Jump and head the ball sideways to the server.

**From Direct Underarm Serve:**

- e. Run and head forward to server.
- f. Jump and head forward to server.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

