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Exercise 1 - Have players walk around bouncing the ball off their heads using their forehead to make contact with the ball. Get them used to the part of the head they use to head the ball.  
Exercise 2 - Have players a couple of yards apart. Player with ball serves ball in air (2 HANDS UNDERARM) and other player attempts to head ball down through serves legs. Goal if it goes through and no goal if it does not.

EXERCISE 1 – Heading Warm Up – 2 Minutes

EXERCISE 2 – Heading with partner 8 -13 minutes

Click below for video demo:

#1 - <https://www.youtube.com/watch?v=pMygtu1EtKo>

#2 - <https://www.youtube.com/watch?v=KDC4pwxJ2UI>

OBJECTIVE – Introduce players to basic heading technique

POINTS OF EMPHASIS: Hands by side of head, feet one in front of other, eyes open, mouth closed, head down as you make contact with ball.



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Group players in pairs. Make a series of 10x10 areas. Teams have 3 headers to move ball down and score a goal. First 2 headers are headed back to servers hands. 3rd header is on goal.

EXERCISE – Heading in 2s

TIME – 10-15 minutes - Click below for video demo:

#1 - <http://www.youtube.com/watch?v=KDC4pwxJ2UI>

OBJECTIVE – Develop technique when striking the ball in the air and over longer distances.

POINTS OF EMPHASIS: Hands by side of head, move feet, eyes open, mouth closed, keep eye on ball, snap through in direction of target when you make contact with the ball.



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Heading to Goal - White team runs through yellow cones, dark team serves ball up and white team heads on goal and then joins back of the other line. As soon the ball is headed the first player in the other line starts his/her run. You may need to help with serves or give goals in the event of bad serves.

EXERCISE – Heading to Goal

TIME – 10-15 minutes - Click below for video demo:

#1 - <http://www.youtube.com/watch?v=a13OxaTMUOw>

OBJECTIVE – Introduce moving to ball and heading it to goal

POINTS OF EMPHASIS: Hands by side of head, feet one in front of other, eyes open, mouth closed, head down as you make contact with ball, keep eye on ball and snap through in direction of target when you make contact with the ball.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.