

PLEASE NOTE THE FOLLOWING CALNORTH HEADING PROTOCOL:

- No heading for players 12 years old and younger in games.
- Abide by U.S. Soccer recommendations for heading in practice (heading training for players age 11 to 13 years of age should be limited to a maximum of 30 minutes per week with no more than 15 to 20 headers per player per week).

Heading

The heading skills taught in this segment are equally important to both attacking and defending players. Other than the feet and chest, the head is the only other piece of natural equipment a player can legitimately use to advantage. Heading is used in both passing the ball and shooting for goals.

BASIC POINTS COVERED:

1. Position head and body behind the ball for best direction and penetration.
2. Meet the ball with just the forehead.
3. Constantly keep and eye on the ball.
4. Arch the body the flip the head forward to head the ball.

TRAINING EXERCISES:

1. Offensive player, keeping his feet on the ground, throws the ball up in the air and practices heading it past the goalkeeper.
2. Offensive player practices heading with his feet off the ground by throwing the ball up, and jumping up to head the ball past the goalkeeper.
3. Using two offensive players, one tosses the ball up while the other moves forward and practices heading the ball toward the goal line.
4. Using the same players, the ball is tossed lower to practice the diving head maneuver.
5. A defensive player is added. The #1 offensive player kicks the ball into play. Player #2 heads it back in a passing maneuver. Player #1 kicks it back and player #2 heads it towards the goal line.
6. Three-player teams practice interpassing and heading with one additional player, a server. The server sets up shots for the striker to head into the goal line.
7. Heading skills are practiced in a real game situation.