**High/Low Force Classification - Impact Characteristics**

**BEFORE HEADER:**

1. **Distance Ball Travels BEFORE Header**

**Q: Does the ball travel MORE than 35 metres BEFORE it is headed?**

* When determining this, I would use half the pitch as your guide (e.g., does the ball travel more than half the length of the pitch?)
* The distance the ball travels also includes any bounces and/or deflections (e.g., if the ball travels ~20/25 metres in the air before bouncing a further ~10/15 metres without any interference before it is headed, the ball has travelled more than 35 metres).

1. **Flight Course of the Ball BEFORE Header**

**Q: Is the velocity (directed speed and acceleration) of the ball high AFTER it has been kicked/thrown?**

* Think about whether there are any factors that affect the acceleration/speed of the ball after it has been kicked or headed before the header itself is performed (e.g., does the ball bounce several times before the header which may reduce the speed/acceleration? Is there a deflection that changes the speed/acceleration of the ball?)
* Also think about the type of ball delivery before the header. The speed/acceleration of the ball following a lofted/floated pass is likely to be different than following a driven pass/cross for example.

**AFTER HEADER:**

1. **Flight Course of the Ball AFTER Header**

**Q: Is there a change in the motion/direction that the ball is travelling in AFTER it has been headed?**

* Does the direction or motion that the ball is travelling in change after the header is performed? Think about whether the ball travels back in the direction it came from after the header is performed (e.g., back towards the goalkeeper after a header from a goal kick) or whether there is little-to-no change in the direction (e.g., if a header is flicked on or glanced).

1. **Distance the Ball Travels AFTER Header**

**Q: Does the ball travel MORE than 10 metres AFTER it has been headed?**

* When determining this, I would use the distance between the goal and the penalty spot (12 yards = ~10 metres) as your guide.
* There may be instances where a player heads the ball and it is blocked/hits a fence behind the goal having travelled less than 10 metres. In these instances, try to imagine the ball has continued to travel in the same trajectory and then base your decision on whether you think it would have travelled more than 10 metres had it not been obstructed. **JH to provide an example of this.**

1. **Type of Header**

**Q: Is the header flicked on or glanced?**

* Here, we’re interested in determining whether the motion/direction that the ball is travelling in remains **unaffected** after the header is performed.
* There is overlap here with question 3 – essentially we just want to know if the direction that the ball is travelling in changes, which can be determined through the type of header that is performed.