

A PRACTICE TO IMPROVE THE TECHNIQUE OF ATTACKING HEADING

The following practice has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

This practice involves a total of 7 players. 2 players, with footballs on either side of the pitches, who act as servers by throwing the ball in to imitate a cross, 3 players on one side of the pitch and 2 on the other who are the players who will head the ball. Position two cones, level with the far post of each goal and 10 – 15 yards out. Size of the area is 30 x 25 which can be adjusted to suit the age and ability of the players. Place two full size goals, without goalkeepers at either end. The set up allows the servers to throw / cross from both the left and right flanks. The servers can move up and down the touch line, to provide a variety of crosses. Service should be from both flanks. The quality of the service is very important for the success of this practice. To start the practice, one of the servers throws the ball to the near post area. The player who is going to attack the ball, checks from the cone and makes a run to the near post to attack the ball with their head. It is important that the serve is accurate.

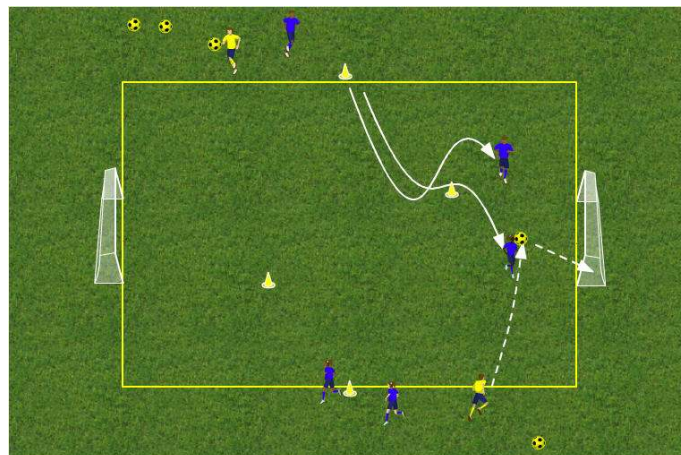
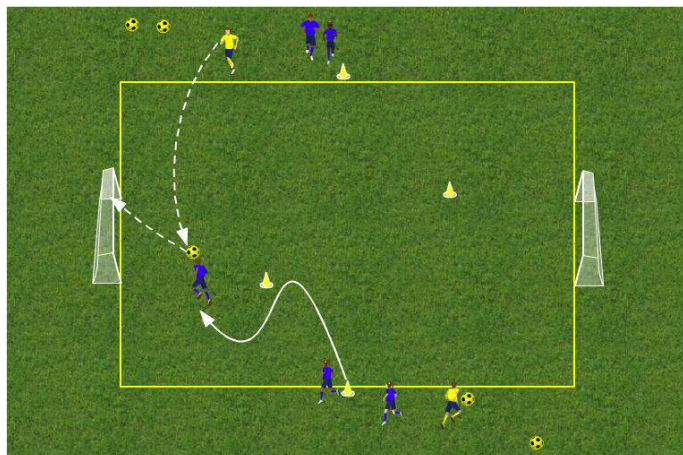
KEY TECHNICAL ASPECTS – NEAR AND FAR POST RUNS

NEAR POST - Timing and angle of run to near post *Don't run beyond the near post
*Attack the ball *Contact of the head with the ball – forehead, top / middle of the ball *Use the pace of the cross *Head down and hit the target

FAR POST - Timing and angle of run – attack down the line of the ball *Attack the ball
*Contact of the head with the ball – forehead, top / middle of the ball – head the ball down
*Direction of the header – back across the goalkeeper *Timing of the jump

Progression # 1 – Now the servers throw the ball to the far post area. The player makes a run to the far post area, by checking off the cone, bending their run and attacking down the line of the ball.

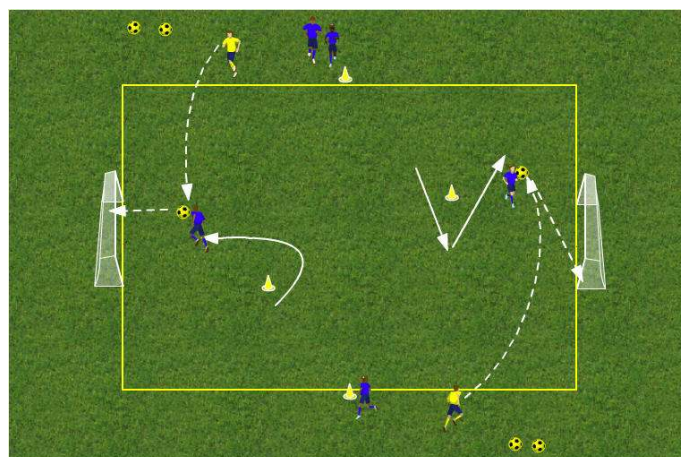
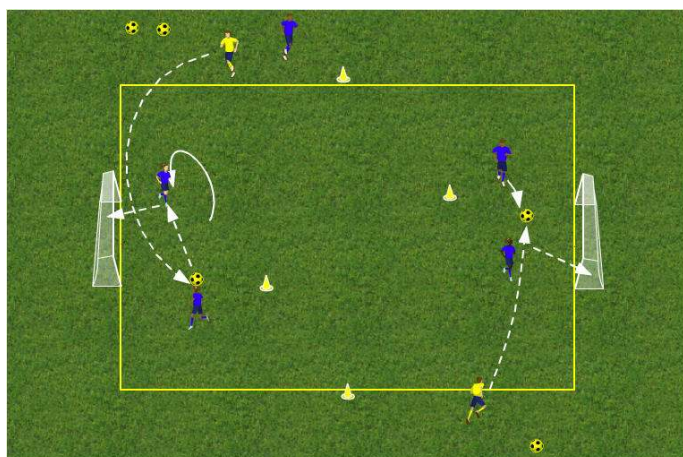
Progression # 2 – Now two players attack the cross, one making a near post run, the other a far post run. The server can throw to either player. The players should communicate with each other to decide on their respective runs



Progression # 3 – The players should also be aware of adjusting and reacting to crosses that are inaccurate. The far post player should also react to crosses that are missed by the near post player and the near post player should spin and look for headers back across goal from the far post player.

Progression # 4 – There will be times when the forward has to adjust and may have make a straight run and attack across the flight of the ball or adjust backwards to meet a cross.

The servers can move up and down their area and can supply lots of different types of crosses so that different attacking heading techniques can be practised.



PROGRESSIONS

Progress to skill by adding a defender

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