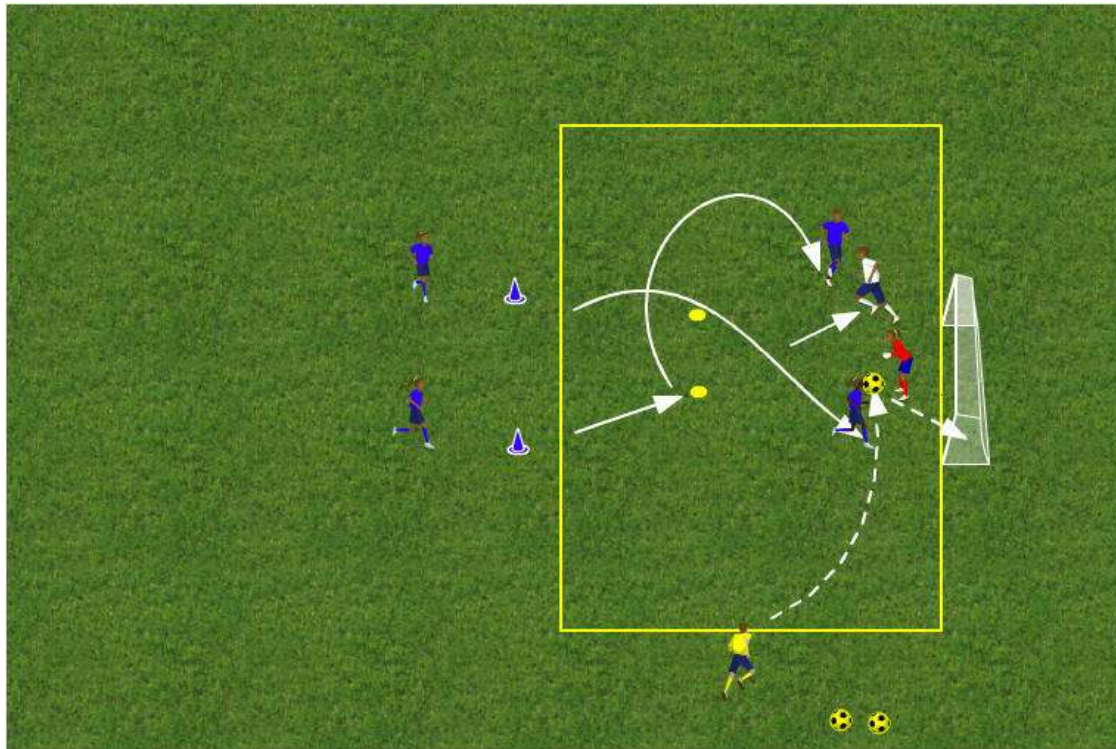


A PRACTICE TO IMPROVE THE SKILL OF ATTACKING HEADING

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



ORGANISATION

This practice involves 7 players. 4 attackers, who work in pairs, a defender, a goalkeeper and a server who moves up and down the line, to provide a variety of crosses and serves by throwing the ball in. The serves should come from both flanks. The area is 25 x 30 yards, but can be adjusted to suit the age and ability of the players. There are two discs placed centrally and about 16 yards out and 3 yards apart, which are used as references to make near and far post runs from.

The practice starts with one of the attacking headers passing the ball to a server, the serving player initially throws the ball to near post area. The two attacking players make near and far post runs and the defender defends the far post area initially. The attackers will need to communicate with each other and time their runs.

KEY TECHNICAL ASPECTS – NEAR AND FAR POST RUNS

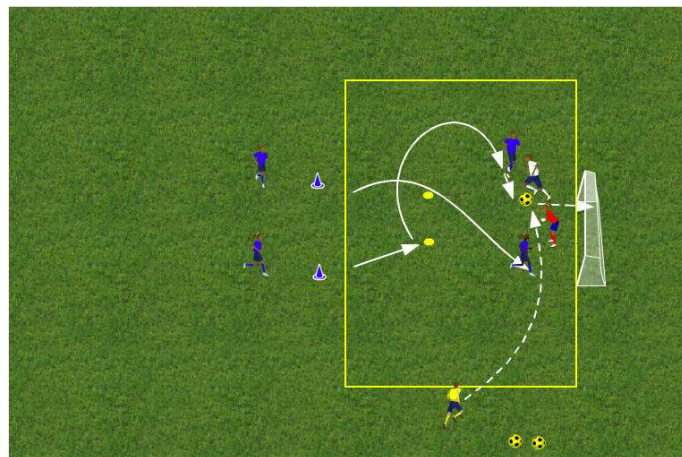
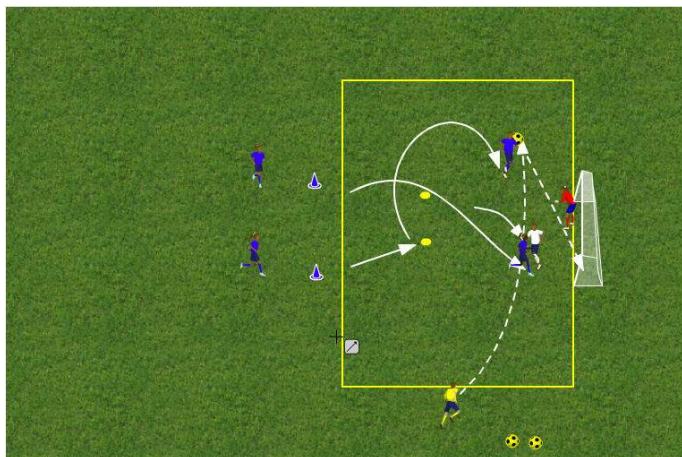
NEAR POST - Timing and angle of run to near post *Don't run beyond the near post
 *Attack the ball *Contact of the head with the ball – forehead, top / middle of the ball *Use the pace of the cross *Head down and hit the target * Communication

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 * Communication

Progression # 1 – In this instance the far post runner is free and the ball is served to this area. The attacking player should look to time their run, attack down the line of the ball and head the ball down and back across the goalkeeper to the far post area.

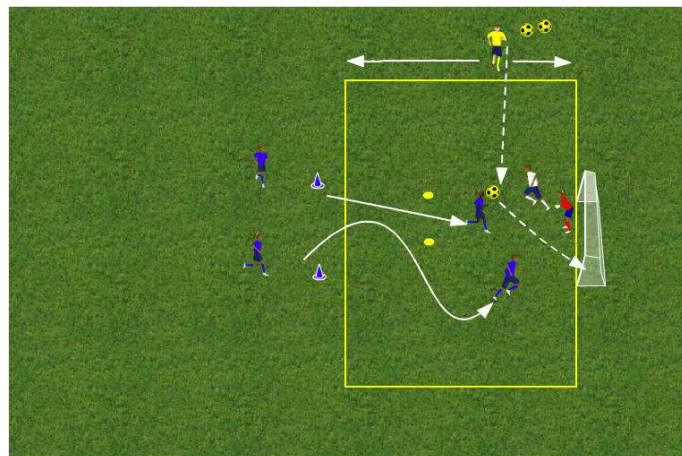
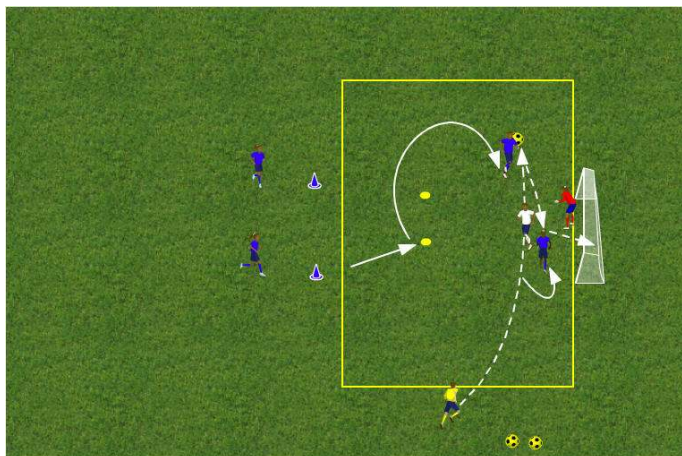
Progression # 2 – The players should also be aware of adjusting and reacting to crosses that are inaccurate. The far post player should also react to crosses that are missed by the near post player

The servers can move up and down their area and can supply lots of different types of crosses



Progression # 3 – If the ball is served to the far post, the near post attacker must be aware of spinning after the ball has gone past them, so they are in a position to react to any knock downs, headers across the far post or saves from the goalkeeper.

Progression # 4 – There will be times when the forward will have to readjust and make a straight run or backtrack to meet the cross



PROGRESSIONS

Add a third attacker and a second defender *Progress to a game

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