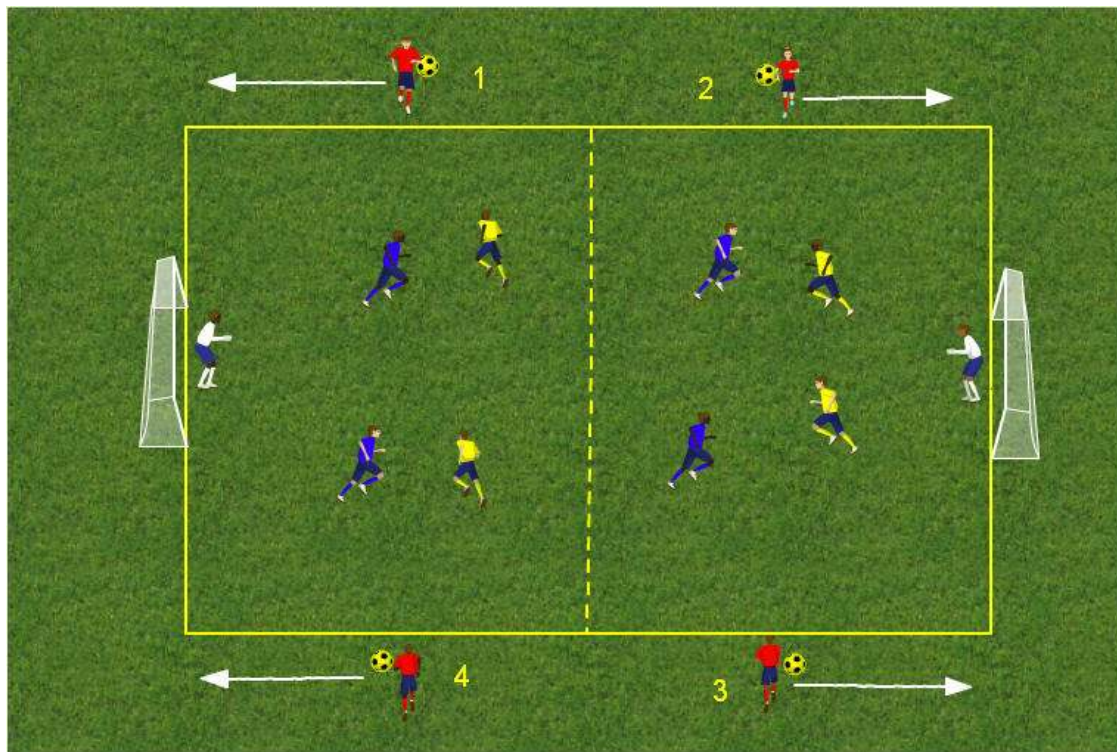


## A GAME TO IMPROVE ATTACKING HEADING

The following game has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

This is a game that involves 14 players. 2 goalkeepers, 4 servers located around the perimeter of the pitch and 4 v 4 on the pitch. The players will need to decide on a formation that is a balance between attacking and heading, maybe 2 defenders v 2 attackers. One of the players should be encouraged to break forward over the halfway line to make a 3 v 2 attacking situation. A goal can only be scored from a cross, but encourage free play with the ball being passed from the team in possession to one of the servers in the attacking half. The servers can move up and down the line to receive a pass and to provide a variety of different thrown crosses to different areas from different angles and at different heights and speeds. The pitch size is 20 x 30 yards, but can be adjusted to suit the age and ability of the players.

### KEY TECHNICAL ASPECTS

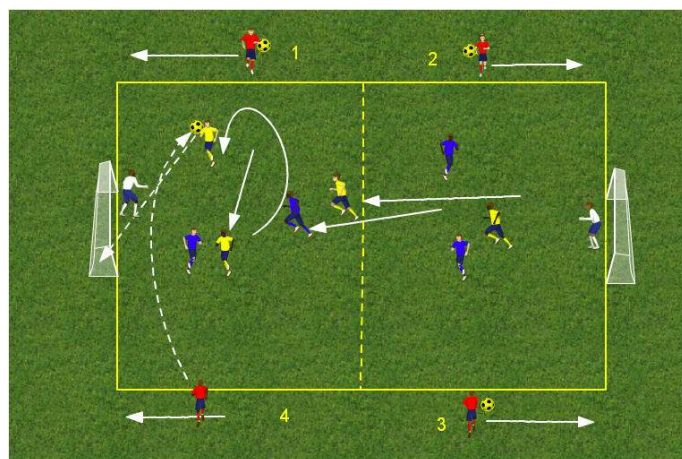
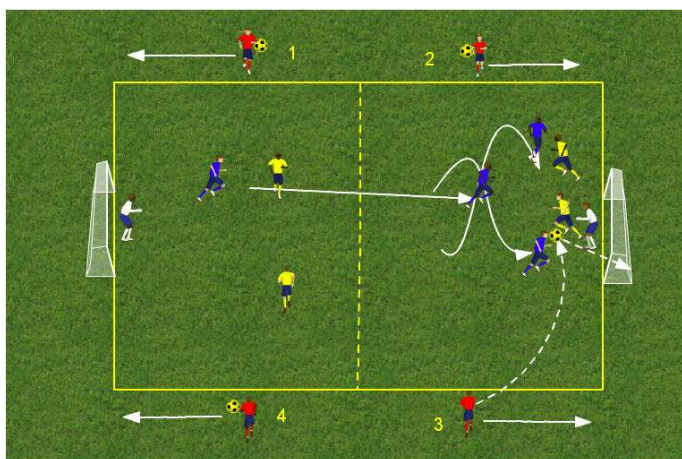
**NEAR POST** - Timing and angle of run to near post \*Don't run beyond the near post  
 \*Attack the ball \*Contact of the head with the ball – forehead, top / middle of the ball \*Use the pace of the cross \*Head down and hit the target \* Communication

**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

**THIRD RUNNER** – Time run to the flight of the ball \* Make a late, timed run between near and far post runners to the middle of the goal \* Adjust position for knock downs and clearances \*Check out for a cross that is pulled back to the edge of the area

**Progression # 1** – The ball is passed to one of the servers. Two players make timed runs to the near and far post and another player breaks over the halfway line to make it 3 attacker's v 2 defenders. The server can serve the ball where they think the best chance of scoring is.

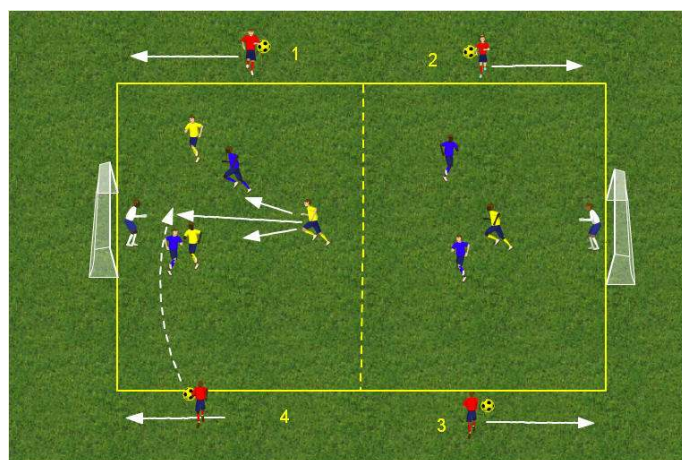
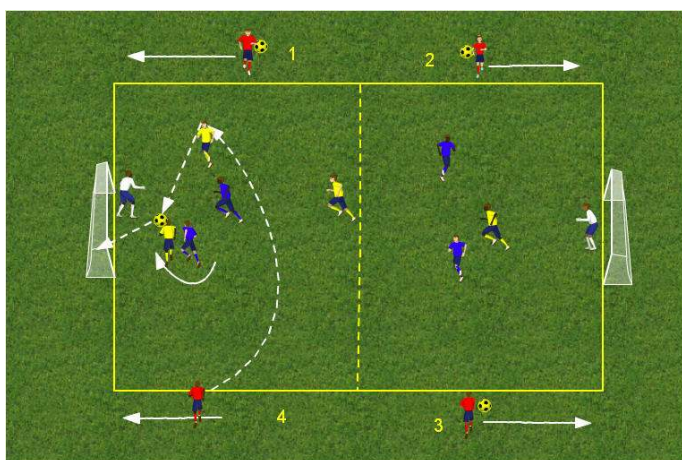
**Progression # 2** – As soon as the attack is finished, the ball is distributed from the goalkeeper, either to a team mate or one of the servers. The attackers should make clever near and far post runs, with the server picking out the unmarked attacker. Another player should also make a run into the opposition half to support the cross.



**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

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

**Progression # 4** – The player who breaks forwards must assess where the cross is going and either make a late, timed run between the near and far post attackers or adopt a floating position on the edge of the area for knock backs, clearances or pulled back crosses





## **PROGRESSIONS**

Allow the servers to cross with their feet or throw the ball in.

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.