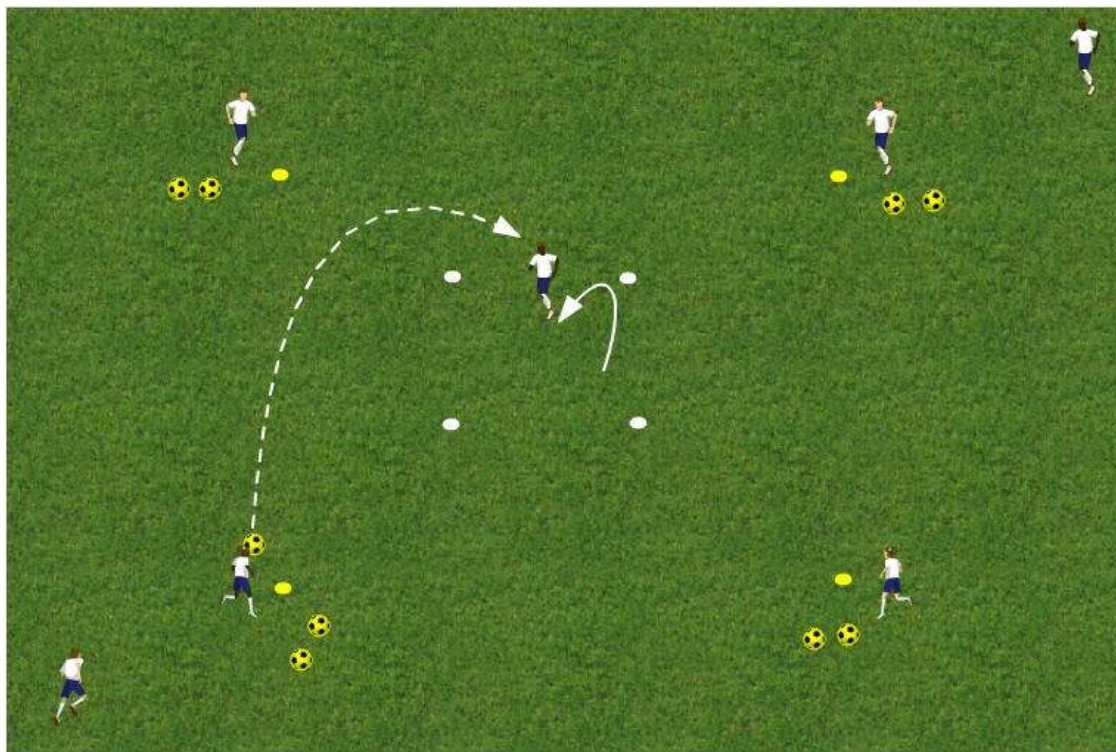


## A PRACTICE TO IMPROVE THE TECHNIQUE OF DEFENSIVE HEADING

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



### ORGANISATION

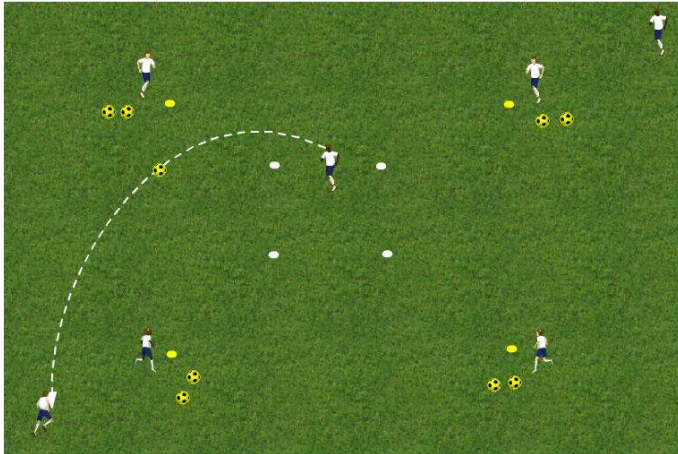
Mark out a 20 yard square, the size can be adjusted to suit the age and ability of the players. Position 4 players on the cones of each of the four corners and position target players 5 – 10 yards back on two diagonally opposite corners. There should be an adequate supply of balls on each corner.

In the middle of the big square, mark out a smaller square of about 5 yards. One player is positioned in the middle of this smaller square. One of the servers indicates they will throw the ball to the header. The header, checks off the diagonally opposite disc to the server, this will encourage them to attack the ball down the line of the servers throw.

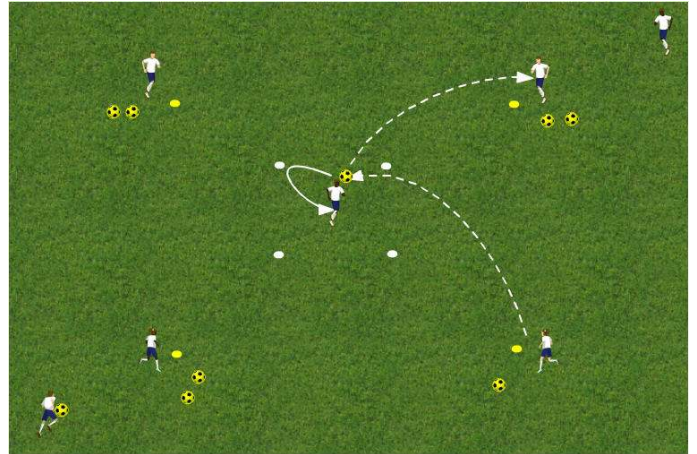
### KEY TECHNICAL ASPECTS

Assess the flight of the ball and move feet to get in line \*Attitude to get to the ball and attack it if possible \*Decision on type of defensive heading technique \*Execution of the technique \*Reaction for the next serve \* Introduce a second header so they can work as a pair defensively

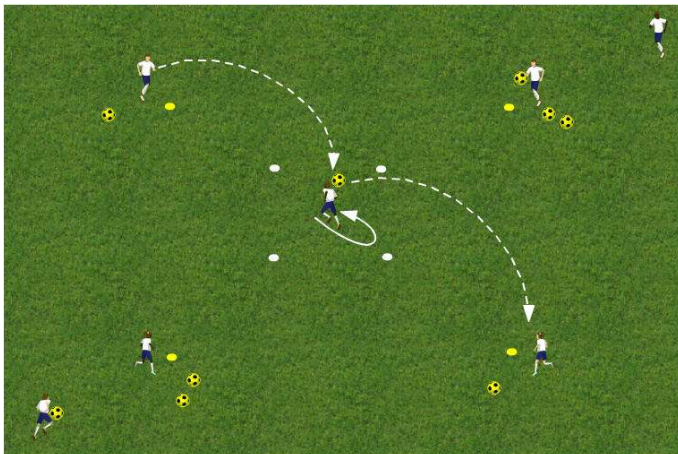
**Progression # 1** – Player checks off diagonally opposite disc, to get in the line of the ball. The player heading the ball decides on which defensive heading technique to employ, in this instance a power defensive header, looking to head down the line of the ball with height and distance.



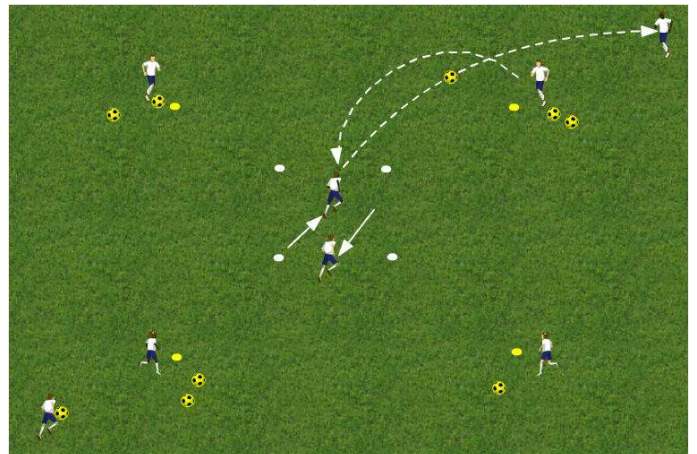
**Progression # 2** – Once the defensive header has been made, the player immediately recognises where the next ball is going to be delivered from and checks from the diagonally opposite disc. In this instance, the player has recognised that they can safely cushion a defensive header to a free team mate



**Progression # 3** – The player checks from a disc ready for the next serve. This time the ball is thrown over their head and they have to back peddle and execute a flick defensive header to safety. The servers should provide a variety of different types of serves to provide the player with opportunities to practice different defensive heading techniques.



**Progression # 4** –Introduce a second header to encourage working as a pair, to develop communication and decision making, with one attacking the ball and one dropping off to provide cover.



## PROGRESSIONS

Rotate players regularly \*Progress practice to a skill

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