Get aHEAD Safely in Soccer™

8 Heading Activities

Activity 1 — Kneeling



- 1:1 work to rest ratio
- Kneel upright, not resting on heels
- Arms up and out
- Bring the head to the ball and fall forward
- Forehead, eyes open mouth shut

Activity 2 — Seated



- 1:1 work to rest ratio
- Sit back in preparation, look at the ball
- Move forward to the ball
- Use arms to balance and “pull” forward
- Be aware of using the core

Activity 3 — Seated with Feet Up



- 1:1 work to rest ratio
- Raise feet and balance
- Make a sit-up movement to meet the ball
- Relax after each repetition
- Catch a bad service while maintaining balance

Activity 4 — Triangle



- 3 players, focus on moving feet and core in line with the ball
- Face the server directly
- As the ball is traveling, drop the back foot
- Keep head still as core and shoulders rotate
- Lean back and redirect the header

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Activity 5 — Over a Player



- 3 players, focus on timing the jump and using neck muscles
- Stand an arm's length away from the "opponent"
- Focus on the server and the line of flight, use arms to elevate
- Step to the ball and jump on two feet, shoulders square
- Step to the ball and jump off one foot, slightly turning shoulder

Activity 6 — Rondos



- 50% work, 50% serve
- Each player selects the distance for the header
- Coach may specify if header is returned low or high
- Coach may ask servers to make the player jump
- Each player works on technique at their comfort level

Activity 7 — Weave



- 3-4 players, focus on heading with direction
- Focus on head and body control
- Focus on an accurate and cushioned header
- Get into line of flight of ball
- Keep head still as the body aligns to the ball and target

Activity 8 — Head Tennis



- 2v2 game, heading with power and direction
- Introduces a competitive element
- Player heading takes a position relative to the server
- Server must lead the player with the service
- Head using arms and neck