Get aHEAD Safely in Soccer™

Key Coaching Points for Proper Heading Technique



- **The forehead is the primary point of contact**
  Players can sometimes use side of forehead
- **The player's neck should be stiff**
  Their mouth should also be closed with their chin tucked in
- **The player's arms are up for protection**
  This helps shield their torso from other players
- **The torso is perpendicular to the ground**
  Their body is brought back early then "snapped" forward.
- **Knees are bent**
  The player is in an athletic stance to thrust forward.
- **Feet are shoulder-width apart**
  The player is on the balls of his or her feet in preparation.