



# Heading

## **Activity 1: Tossing to yourself**

Setup: Each player has a ball.  
Players spread out in the playing area.

Focus of Activity: Learning the proper place on the players head to contact the ball.

Activity: The players toss the ball into the air and head the ball straight up in the air. They then catch the ball with their hands. Once the players become comfortable with this, have them try to head the ball twice, three times before they catch it.

Make a game out of it:

See how many times they can head the ball in 1 minute.

## **Activity 2: Tossing with a partner**

Setup: Pair the players up with a partner.  
Each pair has a ball.  
Pairs spread out in the playing area.  
Partners should be 5' away from their partner.

Focus of Activity: Learning the proper place on the players head to contact the ball. Controlling the direction of a headed ball.

Activity: The players toss the ball into the air and head the ball to their partner. The partner then catches the ball with their hands. The partner then tosses the ball in the air and heads it back to the first player.

Make a game out of it:

See how many times they can head the ball accurately to their partner in 1 minute.

## **Activity 3: Bouncing to yourself**

Setup: Each player has a ball.  
Players spread out in the playing area.

Focus of Activity: Learning the proper place on the players head to contact the ball. Learning timing for jumping and heading a ball.



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**Activity:** The players bounce the ball hard on the ground in front of them sending the ball high above their heads. The players then jump into the air and grab the ball with their hands. The idea is for the players to catch the ball in the air. They are working on timing a jump to meet the ball in the air. Once they are comfortable catching the ball with their hands have the players try to head the ball instead of catching it.

**Make a game out of it:**

See how many times they can head the ball in 1 minute.

### **Activity 4:** Tossing with a partner

**Setup:** Pair the players up with a partner.

Each pair has a ball.

Pairs spread out in the playing area.

Partners should be 5' away from their partner.

**Focus of Activity:** Learning the proper place on the players head to contact the ball. This works on timing and teaches the player to go after the ball.

**Activity:** The players toss the ball into the air towards their partner. The partner allows the ball to bounce once then they head the ball back towards their partner. Players should be encouraged to go get the ball and not wait for the ball to come to them.

After 10 headers have the partners switch places.

**Make a game out of it:**

See how many times they can head the ball accurately to their partner in 1 minute.

### **Activity 5:** Heading with a partner

**Setup:** Pair the players up with a partner.

Each pair has a ball.

Pairs spread out in the playing area.

Partners should be 5' away from their partner.

**Focus of Activity:** Learning the proper place on the players head to contact the ball. This teaches the player to accurately pass the ball with their heads.

**Activity:** The players head the ball back and forth. They should work on making good accurate passes that their partner can head back to them.



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Make a game out of it:

See how many times the partners can continuously pass the ball back and forth.

## Activity 6: 2v2 Heading

Setup: Setup several fields 10 yards long with cone goals on each end.

Place the players in teams of two. Four players per field.

Each field has one ball.

Players should stand by their own goals.

Focus of Activity: Scoring with a header.

Activity: The teams play 2v2. One partner lightly tosses the ball to their partner who attempts to head the ball in the other team's goal. The defending team can stop the ball from scoring. If the team scores they get the ball back to try to score again. If the team does not score the other team gets the ball and tries to head the ball into the other team's goal.

This game should be timed. Player should switch back and forth between being the ball tosser and the heading player.

Increase the difficulty:

- Have the players try to head the ball over the defending team to score a goal.

## Activity 7: 5v5 Heading

Setup: Setup a field with two goals 30 yards apart

Place the players into two teams.

One ball

Focus of Activity: Scoring with a header. Moving to open space and finishing.

Activity: The two teams play 5v5. The players should pass the ball around using their hands. They can not walk with the ball. In order to score the ball must be headed into the goal. Players can toss the ball into the air and head it themselves but it is preferable for them to have the ball tossed to them to head the ball into the goal.