Victor Soccer Club

Technical Skill Series: Heading

**Coaching Points:**

1. Use the top of the forehead (hairline) to contact the ball
2. Neck should be firm on contacting the ball
3. Try to keep the eyes open as ball is contacted
4. The head is moved forward, NOT up and down (no back spin on the ball).
5. Follow through with the chin up and looking towards the target
6. Arms and elbows are held up for balance and to provide protection and thrust as the head is moved forward.

**Teaching Progression:**

1. Individual standing soft toss to self
2. Sitting
3. Kneeling
4. Standing
5. Jumping
6. Changing direction of the ball: square shoulders to target; begin with standing position, then move to jumping to head high balls

**Keys to Heading:**

1. Try to jump off one foot
2. Jump first
3. Meet the ball with the forehead
4. Use arms for extra elevation
5. Try to keep shoulders square to where the ball is to go