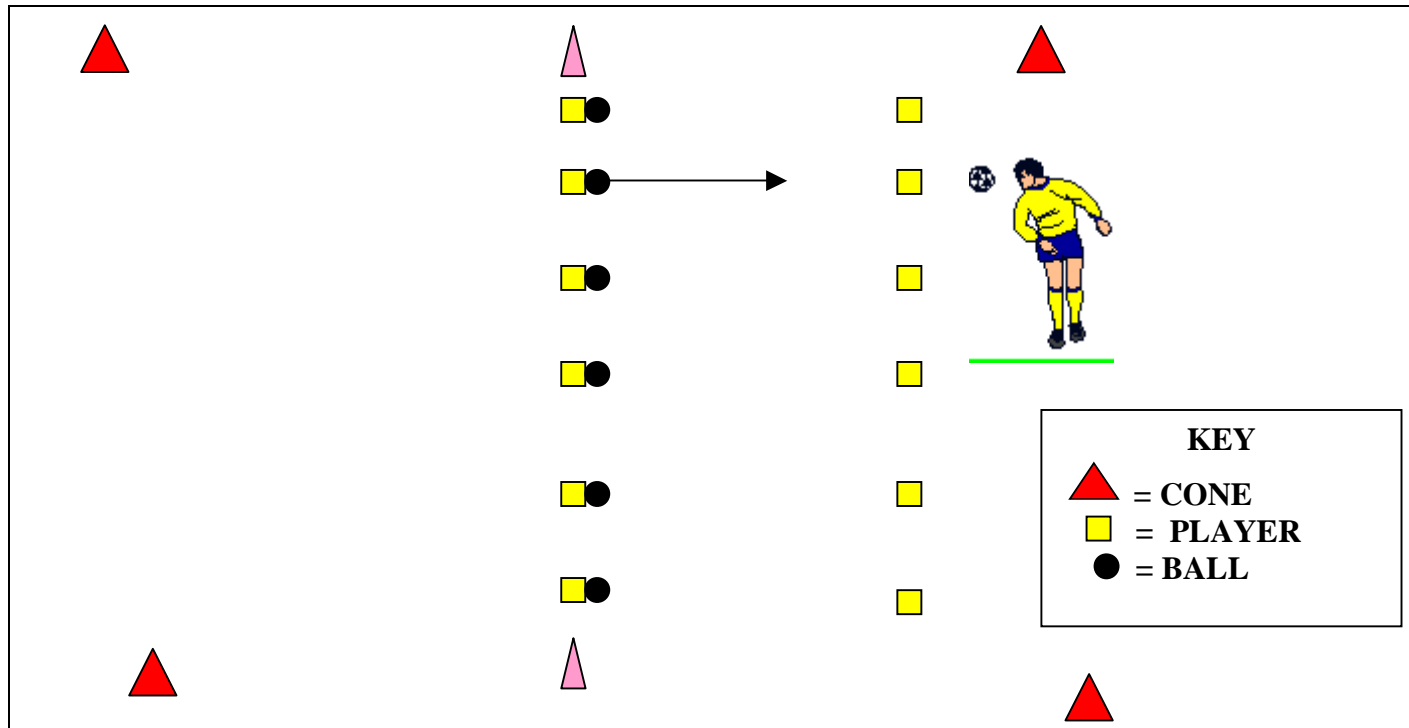


# SESSION EIGHT

## HEADING

### A REAL HEADACHE



# SESSION EIGHT

## Instructions

1. Split the players into pairs 10M apart as shown in the diagram.
2. On the coach's whistle player one throws the ball high to player two and shouts a command for his partner.
3. The commands can be any of the following(the ball must be returned to player one): Head High, Head Low, Jump to Head
4. Coach needs to demonstrate each of the heading commands!!

## Drill Progression

1. Place a defender between the two players forcing accuracy from the heading player.
2. Progress to any of the heading min-games in the manual.

## Coaching Points

1. Keep your eyes open.
2. Use your forehead to make contact with the ball
3. Head the middle of the football.
4. Lean back and follow through.



Thanks to the FA for the graphics and instruction. <http://www.the-fa.org>