

Premier League Heading



Exercise Objectives:

This practice is designed to improve the player's technical ability in "Heading".

Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball in the air and between the two cones placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers. Players heading must receive a throw from the server diagonally opposite.

The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in a three-minute period. After the three-minute period, all goals are totaled, and groups alternate. The emphasis should be placed on accuracy and power. Players should time their runs so that they do not have to break stride when heading the ball.

Field Preparation:

Large group of players Penalty Area Full Size Goal and Goalkeeper Cones or Flag poles Supply of Balls