



DOLLAR SOCCER
HEADING
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The head and neck are such vulnerable areas, it is **not** recommended to teach heading for children between the ages of four and eight.

Here are some points to keep in mind when coaching heading to U9-U12 players. Sessions must be short (5-7 mins) and closely monitored by coaches to ensure proper techniques are being used. Getting the right training at the right age will be helpful for players to use heading in a game. Don't coached heading at every practice.

For older kids that have acne problems on their forehead, don't allow them to participate in the heading drills if it's causing any discomfort.
See stages for nine to twelve years of age just don't do too much.

1ST STAGE:

- Every child with a ball, try balancing ball on forehead without letting it drop to the ground.
- Try to look at the ball as you balance it on your forehead to get used to the position.
- Hold the ball 6 inches above your forehead, bend legs slightly, release, push up, ensure head and neck are kept firm at impact and their mouth closed.
- Try to make contact with the top of the forehead, hardest part of the head.
- Don't wait for the ball to hit you, you must go forward and hit the ball.
- Maintain eye contact with the ball before and after heading it.

2ND STAGE:

- Try holding the ball farther as players get more confident.
- Practicing heading the ball higher and higher each time.
- Try bouncing the ball more than once off your forehead before catching it.
- Throw the ball into the air and heading it, remember to look at the ball as it comes into contact with your forehead.

3RD STAGE:

- Practice with a partner, who throws underhand from a short distance to player's head from a standing jump position and then progress to running jump.
- To provide more of challenge, ball can be thrown from different angles.
- This stage can be practice only after basic technique has been acquired.