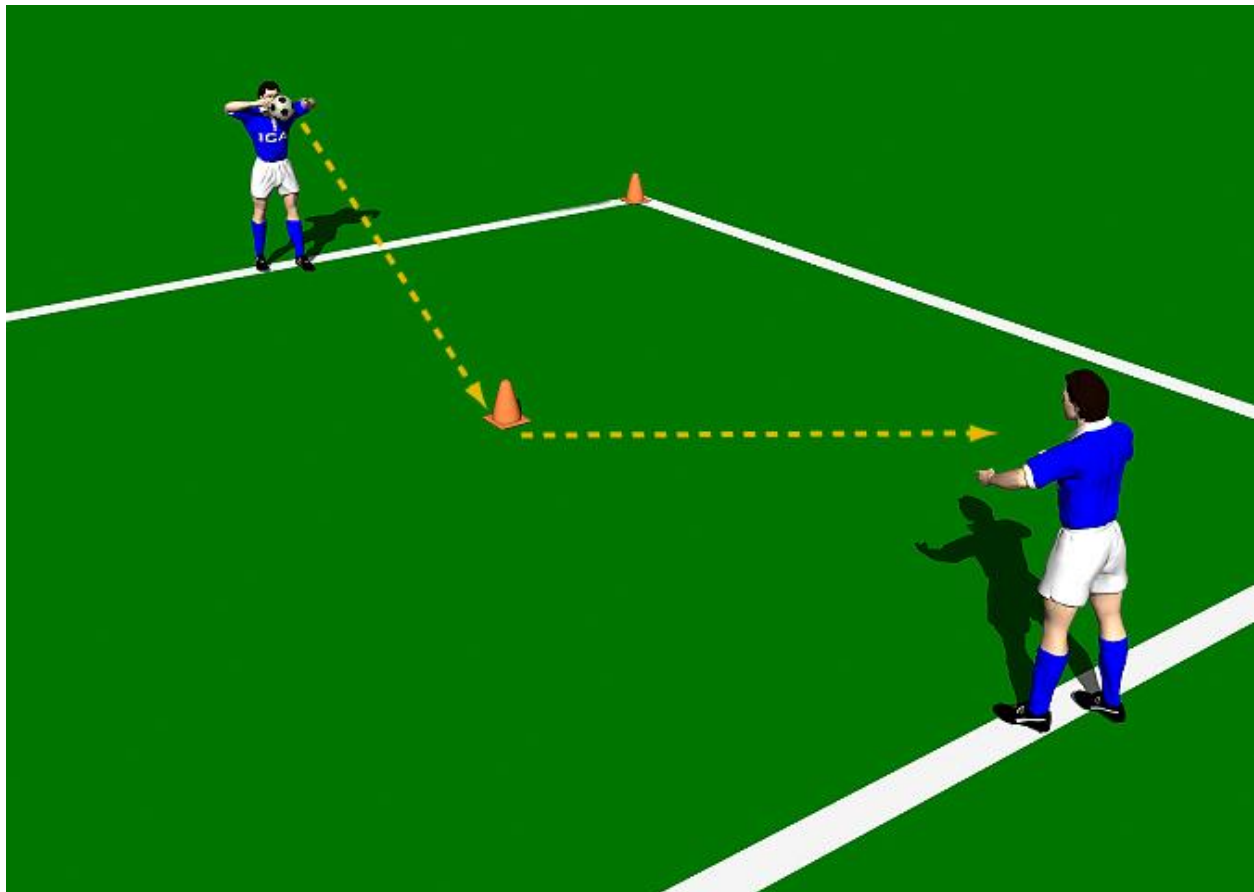


Target Heading Drill



Exercise Objectives:

This practice is designed to improve accuracy and power when heading the ball.

Coaching Pointers:

Two players are positioned approximately 10 yards opposite each other. A cone is placed in between them, with a ball on top of the cones if possible. (as in the video above). One player holds the ball firmly between their hands. The players alternate heading the ball from their hands, while attempting to hit the cone/ball. A goal is awarded each time a player hits the cone/ball.

The coach should emphasize the following coaching points:

- Position feet one behind the other. This will lead to good balance.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Holding the ball, bring the ball quickly up towards the forehead. Swing the upper body backwards, then forward quickly and make contact on the ball with the center of the forehead.
- Do not let go of the ball; use the power of the head to hit the ball out of the hands.
- The player should direct the ball downward to hit the cone.
- Do not tilt the head too far back or the ball will skim from the head.

Field Preparation

Work in pairs, Area 10 x 10 yards, Cones or Flag poles, Supply of Balls..

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