

Simple headers and a winning mentality

Practicing headers can be boring for many players so I've come up with this fun way to make simple headers come naturally to your players.

Continuous game

Young players who are not comfortable heading a ball will close their eyes and use their top of their skull. Two points I aim to get across in this exercise is that players must keep their eyes open for as long as possible when they head the ball and use their foreheads.

This is a fast-moving game which uses all the body movements needed when heading in a game. Instead of standing still, the working player is keeping balance, and moving and turning while watching the server and the ball.

How to play it

- Split your players into pairs. One is the working player who must move and head the ball, the other player is the server.
- Players move through the flags and cones as quickly as possible, making accurate headers back to the server.
- Once the players have gone through the flags they go back to the beginning and start again, swapping roles.

Use the right technique

- Watch the ball.
- Move into the line of the ball.
- Keep eyes open.
- Head the ball with the forehead.
- Aim for the middle of the ball.

Fun with running headers

①



Server goes between the flags, worker runs to the cone.

②



Server throws to the worker who heads it back.

③



Server moves along, worker runs diagonally to the next cone and another pair start the exercise.

④



Players move along the line throwing and heading.

player movement ⇨ header → serve →