



2010 DRILLS



Drill of the Week...

The Defensive Header:

Player A stands 6 yards from Player B and throws the ball underarm to him at head height (so he doesn't have to jump). Player B waits for the ball and, when it makes contact with his forehead, heads it firmly back to Player A. After 10 successful headers in a row, the players swap roles.

Heading the Ball



Progression: Jumping to head the ball is the next stage. Players A and B should stand 8 yards apart. Player A throws the ball (underarm) slightly higher in the air than the basic drill. The throw should be such that Player B has to jump to meet the ball in the air and head it back to Player A. Players should be encouraged to meet the ball and head it at the highest point possible. Challenge Player B to head the ball back over the head of Player A.

Heading Tip: Jumping to meet a header—Jumping to head a soccer ball is all about timing. It is absolutely crucial to follow the path of the ball from beginning of its flight, adjusting your feet all the time so that you are in the correct position to meet the ball. You must concentrate on trying to head the ball at the highest point possible. If you can, take a starting run and launch yourself into the air by springing off your stronger foot, bringing your arms up and putting your elbows out for balance (be careful, no fouls!). If you have timed your jump correctly you will be in a position to meet the ball with your head while you are still in the air. But if you take your eyes off the ball for even a split second, the chances are that you'll miss it altogether.

Video drill for the week: First Touch With the Head -
<http://www.youtube.com/watch?v=NMFsQV4aemU&feature=channel>