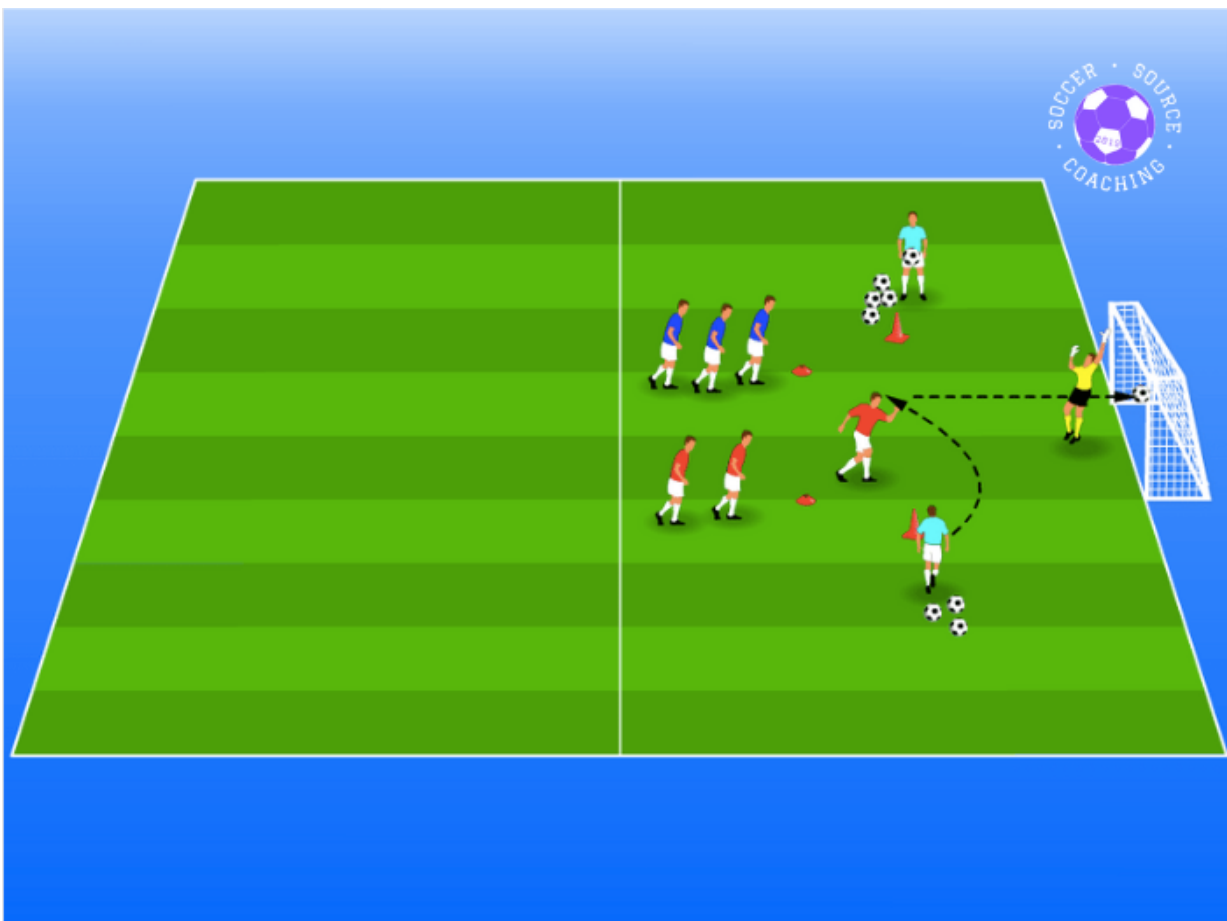


Heading shooting drill



How it works

Set your teams up about 10 yards back from the goal with the team nominating 1 player to be the server and the other 4 players standing behind the cone 10 yards away.

The teams will alternate taking turns to head the ball to try and score a goal with a ball that is thrown into them from the server.

The team that scores the most goals in the time limit or gets to a set number of goals will be the winner.

Once the keeper has made a save or the header goes past the byline the next team may go.

Coaching points

- Use your neck muscles as well as your momentum to get power the ball
- Aim for the corners
- Make contact with the soccer ball using your forehead

Purpose

The purpose of this drill is to improve attacking headers.

Set up

- 1 goal
- 1 goalkeeper
- 2 teams of 4
- 4 soccer balls per team

Questions

- How can I generate power on the ball with my head?
- Where should I be aiming my header?
- What part of the head should I be trying to make contact with the soccer ball?

Intermediate