



Technical Learning Outcomes

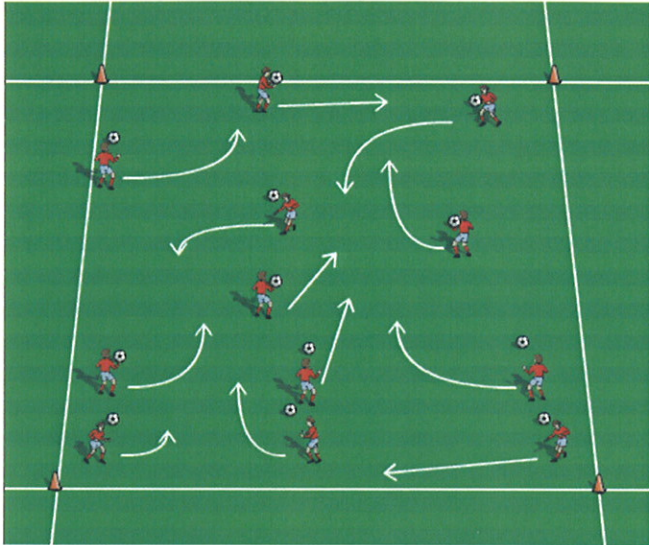
Heading (Attacking)

- Bend run to opposite side of the field from the direction the ball is coming
- Attack down the line of the ball
- Assess the flight
- Jump from one foot (if required)
- Step into the ball
- Lock the neck
- Eyes open
- Contact Head – forehead above the eyebrow
- Contact Ball – top
- Arch the back and shoulders pointing at target
- Thrust forward from the waist
- Objective is to head the ball down
- Know when to use power and when to use direction



New York Red Bulls – Practice Activity

Activity #	W700	Curriculum	Advanced
Section	Warm Up	Topic	Attacking Heading
Key Learning Outcome(s)	Become comfortable using appropriate surface to head the ball		



Activity W700 – Advanced – Attacking Headers

Organization

1. 20 x 20 yard area
2. 12 players
3. 12 balls

Instructions

1. Each player moves around the area with ball in hands
2. Players throw the ball in to the air, head the ball and then catch it

Coaching Points

1. Keep eyes on the ball and contact with forehead
2. Keep the ball in front of face

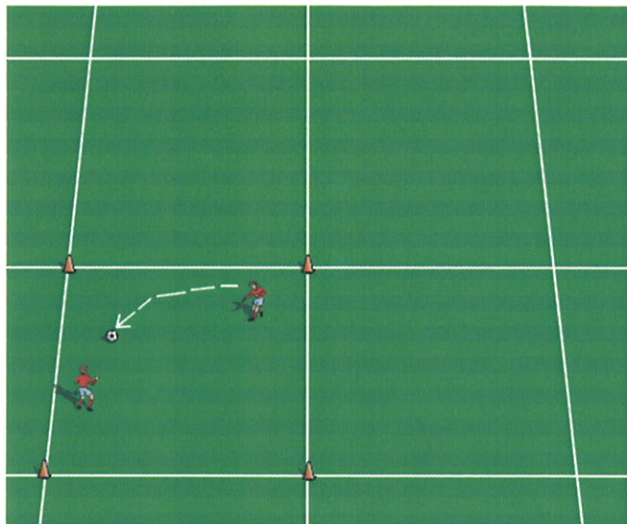
Progression/Regression:

1. P – Two headed juggles, three headed and see who gets highest score



New York Red Bulls – Practice Activity

Activity #	W701	Curriculum	Advanced
Section	Warm Up	Topic	Attacking Heading
Key Learning Outcome(s)	Become comfortable using appropriate surface to head the ball		



Activity W701 – Advanced – Attacking Headers

Organization

1. 10 x 10 yard area (x6)
2. 12 players
3. Players in groups of 2
4. 6 Balls

Instructions

1. Players score a point every time they head the ball in succession
2. Players restart from 0 if ball is dropped

Coaching Points

1. Keep eyes on the ball and contact with forehead
2. Stay on toes and get in line with the ball

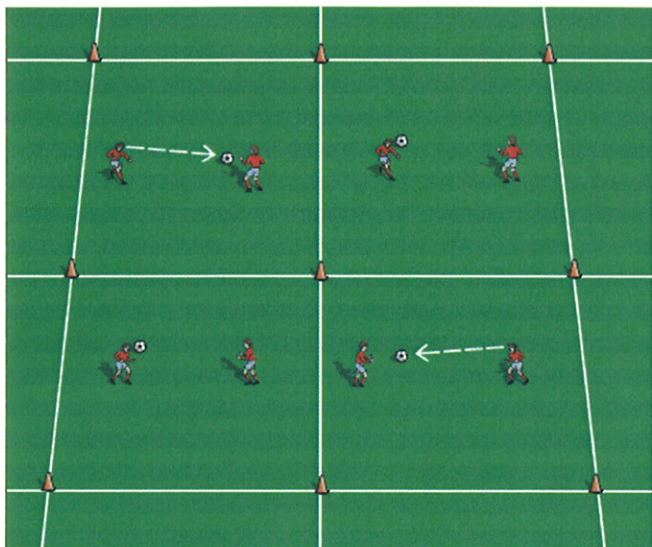
Progression/Regression:

1. P - After first head, player takes a knee, second head, player takes two knees, third head player gets back up on one knee and fourth head, player get back up to standing position



New York Red Bulls – Practice Activity

Activity #	M700	Curriculum	Advanced
Section	Main Theme	Topic	Attacking Heading
Key Learning Outcome(s)	Heading ball with direction and power		



Organization

1. 10 x 10 yard area (x 6)
2. 12 players
3. Players in groups of 2
3. 6 balls

Activity M700 – Advanced – Attacking Headers

Instructions

1. Players score by heading the ball into partner's hands
2. Ball has to be pulled towards head using hands
3. Game lasts for 2 minutes then change partners

Coaching Points

1. Step into the ball
2. Keep eyes open and mouth closed
3. Contact with forehead
4. Contact top/middle of the ball

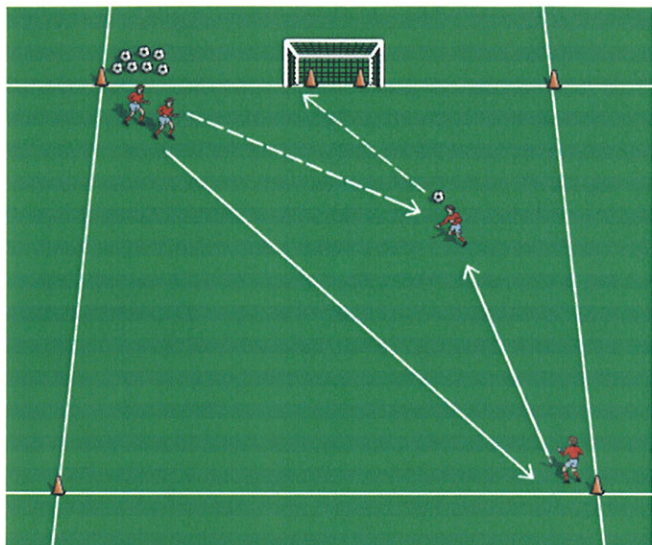
Progression/Regression:

1. P – Players serve to each other
2. P – Players have to score by heading ball down through teammate's legs



New York Red Bulls – Practice Activity

Activity #	M701	Curriculum	Advanced
Section	Main Theme	Topic	Attacking Heading
Key Learning Outcome(s)	Heading ball with direction and power		



Organization

1. 10 x 10 yard area (x3)
2. 12 players (groups of 4)
3. 2 servers on one side of the goal, 2 players start at marker
4. Age appropriate goal with two markers 1 yard in from each goal post
5. 12 balls

Activity M701 – Advanced – Attacking Headers

Instructions

1. Players score by heading ball into marked corner of goal
2. Server serves ball in air to player
2. Player has to run out from marker and head ball towards corner of goal
3. After header is completed, players change positions
4. Players keep rotating for 2 minutes then change sides

Coaching Points

1. Read the flight of the ball
2. Keep eyes open, mouth closed
3. Contact with forehead
4. Contact top of ball to head downwards
5. Direct the ball into corners

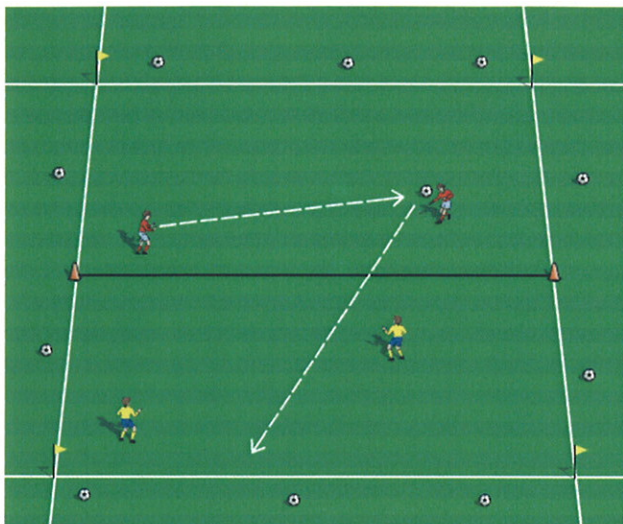
Progression/Regression:

1. P – Add goalkeeper and remove markers
2. P – Server can use feet to serve the ball
3. P – Vary the serve so that players have to jump/dive



New York Red Bulls – Practice Activity

Activity #	M702	Curriculum	Advanced
Section	Main Theme	Topic	Defensive Heading
Key Learning Outcome(s)	Heading ball with power and direction		



Activity M702 – Advanced – Attacking Headers

Organization

1. 10 x 10 yard area (x 3)
2. 12 players (2vs. 2 each area)
3. Markers divide area in half
4. 1 ball (additional around the outside)

Instructions

1. Teams score by heading ball over opponent's end line
2. Players have to stay in their half of the field
3. Players can use their hands to serve the ball to each other but may only use head to get the ball over the end line
4. Players can stop the ball going over line using only their feet
5. Game is played for 5 minutes
6. Rotate teams after each game

Coaching Points

1. Read the flight of the ball
2. Keep eyes open, mouth closed
3. Contact with forehead
4. Contact top/middle of the ball
5. Power and direction

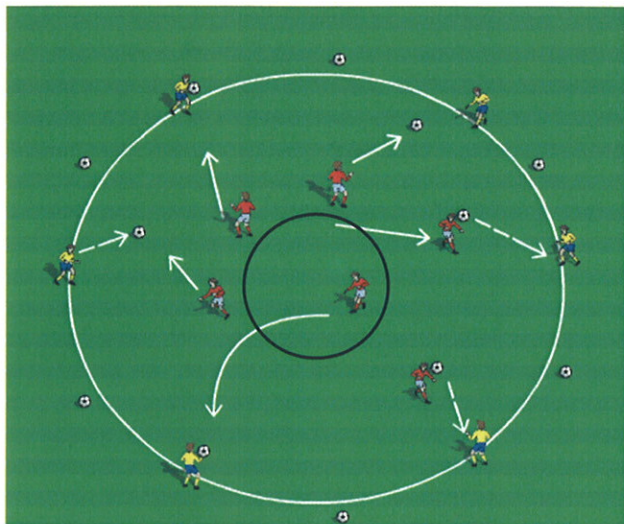
Progression/Regression:

1. P – Players serve with feet
2. P – Players can save the ball from going over line by using hands



New York Red Bulls – Practice Activity

Activity #	M703	Curriculum	Advanced
Section	Main Theme	Topic	Attacking Heading
Key Learning Outcome(s)	Heading ball with direction and power whilst moving		



Activity M703 – Advanced – Attacking Headers

Organization

1. Center circle of full sized field
2. 12 players (6 Attackers, 6 Servers)
3. Small circle marked in middle of main area
4. 6 Balls (additional around the outside)

Instructions

1. Players score by heading ball down between the server's legs
2. Players move around the inside of the area receiving the ball from different servers
3. After each header, players must go back through marked area in middle before moving to new server
4. Game is played for 2 minutes then change players

Coaching Points

1. Read the flight of the ball
2. Keep eyes open, mouth closed
3. Contact with forehead
4. Contact top of the ball
5. Step into ball and power down

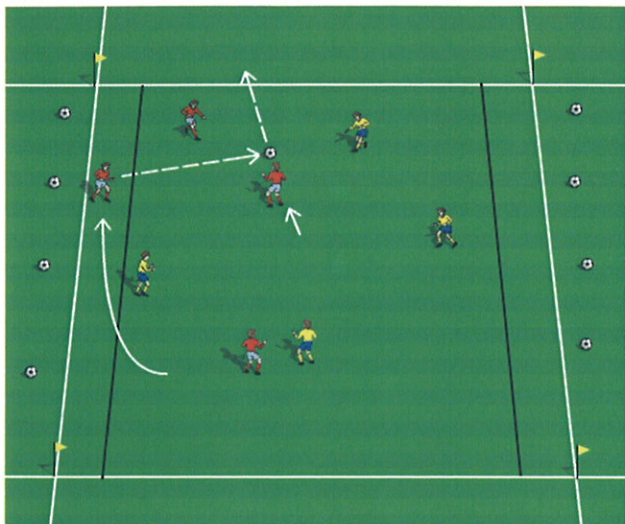
Progression/Regression:

1. P – Vary the serve so players have to jump
2. P – Add defender to put pressure on players



New York Red Bulls – Practice Activity

Activity #	C700	Curriculum	Advanced
Section	Conditioned Game	Topic	Attacking Heading
Key Learning Outcome(s)	Finishing using head under pressure		



Activity M700 – Advanced – Attacking Headers

Organization

1. 40 x 35 yard area
2. 12 players (4vs. 4 with one team resting)
3. Two 5 yard areas marked on each side
4. 1 Ball (additional around the outside)

Instructions

1. Teams score by heading ball over opponent's end line low to ground (Coaches discretion)
2. Players have to use their hands to move the ball around in the sequence serve – head – catch/score
3. If the ball is in their hands they can't move (Unless they are in the marked out wide areas)
4. Players can only be in wide areas for 2 seconds if not in possession the ball
5. Defenders can only intercept the ball to steal
6. Play for 5 minutes then rotate teams

Coaching Points

1. Read the flight of the ball
2. Time run onto the ball
3. Contact with forehead
4. Contact top of ball to head downwards
5. Direct the ball into corners or in between defenders
6. Attack the ball

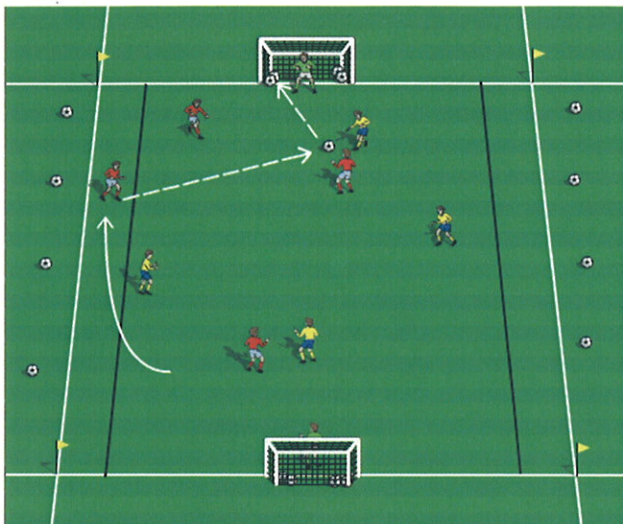
Progression/Regression:

1. P – Remove the wide areas
2. P – Add target players using the resting team



New York Red Bulls – Practice Activity

Activity #	C701	Curriculum	Advanced
Section	Conditioned Game	Topic	Attacking Heading
Key Learning Outcome(s)	Finishing from crosses		



Activity C701 – Advanced – Attacking Headers

Organization

1. 40 x 35 yard area
2. 12 players (4vs. 4 with one team resting)
3. Two 5 yard areas marked on each side
4. Age specific goals
5. 1 Ball (additional around the outside)

Instructions

1. Teams score by heading ball into opponent's goal
3. Players can dribble the ball into wide areas and be unopposed
4. Players can only be in wide areas for 2 seconds if not in possession of the ball
5. If ball leaves the area, game is restarted with kick in on the sides and corners as normal
6. Play for 5 minutes then rotate teams

Coaching Points

1. Read the flight of the ball
2. Time run onto the ball
3. Contact with forehead
4. Contact top of ball to head downwards
5. Direct the ball into corners or in between defenders
6. Attack the ball

Progression/Regression:

1. P – Remove the wide areas
2. R – Use hands to move the ball around