

Heading

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Attacking Headers

- In attacking heading the timing of the run by the player is of paramount importance. The player should try to time the run so that he meets the flight of the ball as he is attacking the goal. The player should not have to break stride. If the player makes a run to the ball too early, it will often lead to the player heading the ball from a static position, and very often marked by a defender. If the run is too late, the opportunity will undoubtedly be missed.
- The player's eyes should be fixed on the flight of the ball.
- Contact is made with the center of the forehead. As the forehead is the hardest and flattest part of the skull, it will lend to a more powerful and accurate header.
- Contact on the ball should be made through the center and above the horizontal mid-line of the ball. This will direct the ball downwards.
- The run must be late, fast and aggressive.
- On the approach to the ball, the player must slightly arch the back and tighten the neck muscles.
- Immediately on making contact with the ball, the player should quickly swing the upper body and make contact on the ball with the center of the forehead. Further power can be achieved by pulling the arms back when making contact with the ball.
- When heading for goal, the ball should be headed down towards the goal line.

Defensive Headers

- The player should position his body behind the flight of the ball as early as possible. This will provide good composure and balance to attack the ball.
- The player's eyes should be fixed on the flight of the ball.
- The player's back should be arched and neck muscles tightened.
- The legs should be slightly bent, ready to extend when contact is made with the ball.
- Contact is made with the center of the forehead. As the forehead is the flattest and hardest part of the skull it will lend to a more powerful and accurate header.
- Contact on the ball should be made through the center and below the horizontal mid-line of the ball.
- The legs should be positioned one behind the other for extra balance.
- Immediately on making contact with the ball, the player should quickly swing the upper body forward, and make contact on the ball with the center of the forehead. By pulling the arms back when making contact, more power can be achieved.
- When heading the ball defensively, the player should aim for distance, width and height.
- It is important for the player to develop an aggressive attitude towards defensive heading to win air balls consistently.

Diving Headers

- When executing a diving header, the timing of the run by the player is of paramount importance. The player should try to time the run so that he meets the flight of the ball as he is attacking the goal. The player should not have to break stride. If the player makes a run to the ball too early, it will often lead to the player heading the ball from a static position, and very often marked by a defender. If the run is too late, the opportunity will undoubtedly be missed.
- The player's eyes should be fixed on the flight of the ball.
- Contact is made with the center of the forehead. As the forehead is the hardest and flattest part of the skull, it will lend to a more powerful and accurate header.
- Contact on the ball should be made through the center and above the horizontal mid-line of the ball. This will direct the ball downwards.
- The run must be late, fast and aggressive.
- The forehead should be tilted back to enable the player to see the ball and to ensure contact with the forehead and the center of the ball.
- Power in a diving header is achieved by the timing and speed of the player's run into the flight of the ball.
- It is important that the player develop a brave and aggressive attitude towards diving headers to become a consistent opportunist.

Flick On Headers

- The player's eyes should be fixed on the flight of the ball.
- Contact is made with the top part of the forehead. As the forehead is the hardest and flattest part of the skull, it will lend to a more powerful and accurate header.
- Contact on the ball should be made through the center and below the horizontal mid-line of the ball. The ball should be redirected with just a small part of the ball glancing off the forehead.
- On the approach to the ball, the player must slightly arch the back and tighten the neck muscles.
- Immediately on making contact with the ball, the player should quickly swing the upper body and make contact on the ball with the center of the forehead.
- This Flick On Header is most commonly used to redirect near post corner kicks and free kicks. It is also used in the midfield and frontline when competing for headers from goal kicks.