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HEADING

Note: Different regions and National Governing Bodies (NGB) have different rules around players heading the ball, particularly young players. You should consult your NGB's protocol to heading before you implement it with your players.

Heading the ball is a skill utilized by all players across the pitch to pass, control, shoot and clear the ball. It is important that players master the skill of heading with correct technique to ensure they do not injure themselves or anyone else on the pitch.

Heading Coaching Points:

1. Watch the flight of the middle of the ball with their eyes.
2. Position themselves slightly side-on for contact with the ball.
3. Jump at an appropriate time to ensure they meet the ball in the air.
4. Keep their eyes open and their mouths closed during the whole process.
5. Connect with the center of the ball with their forehead and push their neck forward as they connect with the ball.



Note: When challenging for the ball in the air there is the potential for a clash of heads between players. Head injuries are extremely serious and should be attended to immediately by trained healthcare professional. If there is a suspicion of a serious head injury from a player they should be removed from play and brought through the concussion protocol from their NGB.

Special Olympics has established a partnership with CDC (Centers for Disease Control and Prevention) to run their HEADS UP concussion awareness training for sports coaches which is available on our [Special Olympics Online Learning Portal](#). It is recommended that all coaches carry out this training before beginning their coaching journey.