

Heading Guidance

EADI INES

NO HEADING IN TRAINING IN THE FOUNDATION PHASE

GRADUATED APPROACH TO HEADING FOR CHILDREN IN THE DEVELOPMENT PHASE U12-U16

Heading should not be introduced in training sessions at this age U12 Heading remains a low priority 1 session per month & max 5 headers Heading remains a low priority 1 session per week & max 5 headers U14,U15, U16, U18 Heading remains a low priority 1 session per week & max 10 headers

| | Age | Ball size | Format | Frequency of heading in any one training session | | Game context | | |
|---|-----|-----------|---|---|--|---|---|--|
| | U6 | 3 | N/A | | | | | |
| ĺ | U7 | 3 | Up to 5v5 | | | on Phase DNA aims to provide an enjoyable and memorable experience for young children. s age is fun engagement and the mastery of both the body and the ball. | | |
| i | U8 | 3 | Up to 5v5 | | encourage players to play throu | | en will play on smaller pitches, with less players and with the retreat line rule to ugh the thirds. | |
| ł | | | · | introduced in training | | | is at all levels to retain and love the ball and you will see very few headers in the | |
| ļ | U9 | 3 | Up to 7v7 | | | es should use the time they have with players to maximise enjoyment evelopment of other skills, particularly the fundamentals of working with the ball in their hands and feet. | | |
| Į | U10 | 3 | Up to 7v7 | | | | naster the ball and the body through fun activities. | |
| Į | U11 | 4 | Up to 9v9 | | | | | |
| | Age | ball size | Format | Frequency of heading in any | one training session | | Game context | |
| | U12 | 4 | Up to 9v9 | Heading remains a low priority and our expectation is that heading should not be introduced at this stage. However, if coaches feel it necessary to introduce the technique of heading, due to the increased heading activity in the game, we strongly advise a maximum of one session per month with light balls, limited repetition of a maximum of five headers, using self-serve or short distances. These limited sessions should introduce the technique of heading and should always be unopposed | | | The Youth Development Phase DNA continues to provide an enjoyable and memorable experience for young players. The priority as players get older is still fun, engagement and mastery of both the body and the ball. Players at this age are ready to cope with more decision making, which is reflected in the challenges provided in both training and games. This will still be done within an environment that is both supportive and positive. While there may be a small increase in the number of headers seen in the game | |
| | U13 | 4 | Up to 11v11 | Heading remains a low priority and the heading should not be introduced at However, if coaches feel it necessary to introduce to the increased heading activity in the maximum of one session per week with lic maximum of five headers, using self-serve sessions should introduce the technique of unopposed. | t this stage. roduce the technique of e game, we strongly advi ght balls, limited repetitions or short distances. These | heading, ise a on of a se limited | at this age group, it will remain a low priority when compared to other technical aspects of the game. Coaches should continue to use the time they have with players to maximise the development of other key skills seen more regularly in the game at this age. | |
| | Age | ball size | Format | Frequency of heading in any one tr session | aining | | Game context | |
| | U14 | 4 | Heading remains a low priority Players can be introduced to the bas in training with limited repetition. Co not focus on heading practice more t session per week and limit the numb per player to 10 per session. Coache | | oncepts young players. Priority is still fun, end one Players at this age are of headers hould supportive and positiv | | ent Phase DNA continues to provide an enjoyable and memorable experience for gagement and the mastery of both the body and the ball. e ready to cope with more decision making, which is reflected in the challenges ing and games. This will still be done within an environment that is both ve. | |
| Ī | U15 | 5 | 5 | use a variety of distances relative to the game at this age. | A3 plugui 3 | As players' knowledge of the game and physical strength develops, there will be more visible tactical use of restarts, resulting in an increased number of headers. | | |
| | U16 | 5 | | | | There are key factors to consider when introducing the technique of heading | | |
| | U18 | 5 | Up to 11v11 | As the game begins to replicate the adult g coaches should use a variety of heading sit players will experience during a game. This includes the introduction of contested head While you may now use match balls in the light balls can still be used in training when practising the technique of heading. | Judge and adj Attack the ba Head contact Different types of he patterns. Be session These recommenda undertaken this guid It is recommended t | | programme, which include: set to the flight of the ball at optimum point and ball contact to control direction and distance of the ball aders will start to be used, so coaches can introduce position-specific movement LIMITING HEADING IN TRAINING ions have been developed to protect players welfare. As further research is ance will be reviewed and updated to reflect increased understanding. at heading practice is limited to 10 headers per session and only one session g practice is included. Players should be responsible for monitoring their own | |