

THE HEADER IN FOOTBALL



Overview

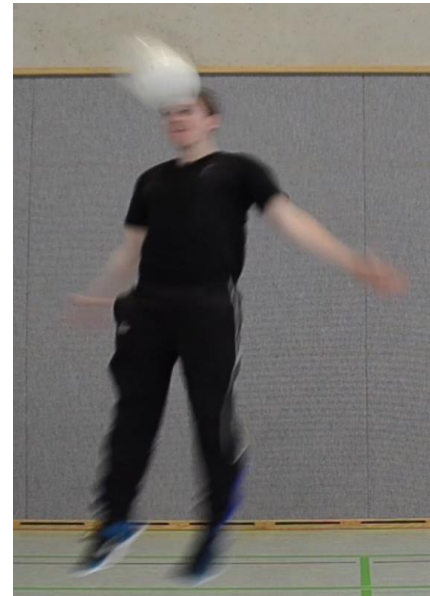
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The header in football

"We have won the game in the air!" This trainer's statement is to be heard over and over again, since the meaning of the header for a successful play in offence and defence has terrifically increased. The portion of headed goals after crosses, but mainly after corner kicks and free kicks lately is so high as never before.

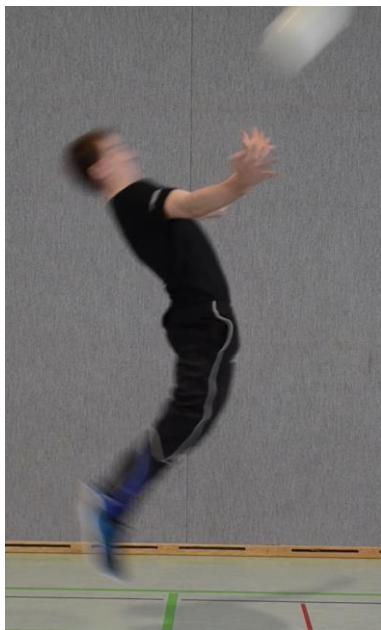
Heading in the play of today

The header becomes more and more important in the play of today for different reasons.



First reason

An effective tactical method against the compact cover of an opposing team, which barricades themselves in and around the penalty box, is a wing play linked with exact crosses. However, a wing play rich in variation will only lead to success if the crosses are used. On this occasion, the header as a finish is the most important method.



Second reason

Another method in modern football is the "pressing". The team in possession can only escape from many game situations with long volleys followed by header duels. The key thing here is that the defenders win through the aerial duels to carry the ball out of the risk zone.

Third reason

Many goal statistics in top football show that the portion of goals after standard situations increases further. With free kicks from wing position, long throw-ins and corner kicks, in most cases it is only possible to reach the ball with a header.

Fourth reason

Heading goals are often a sign of weakness in heading of the defending team. In training, no matter in which play classes and age groups, heading exercises, in spite of their importance, come off badly.

Introduction to the header

For most children, both in school and in training, heading is a big challenge and overcoming. At the beginning of the header training a pendulum header unit is very useful. The meeting of the ball is made much easier by the stationary position of the unit.



Aims of header training

The technique of heading is composed of various elements. Even many top players have considerable problems with it. The greatest difficulties are how to properly judge a ball's trajectory and how to run-up and jump to meet the ball. Therefore, the aims of the header training are multi-layered.





1

Header after jumping with both feet



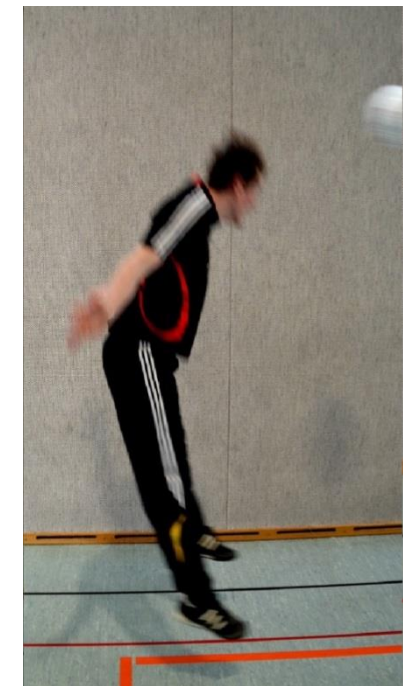
Watch properly the ball's trajectory and jump with both feet to meet the ball.

Build up tension in your hip and take momentum out of it.



Head the ball just with a quick tap of your forehead. Use the whole strength of your body! ▶ 1

Use the whole momentum out of the built up tension to transfer as much power as possible in the header.



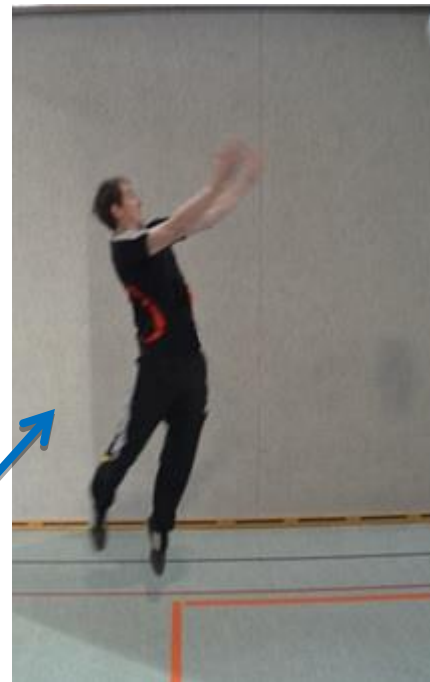


2

Header after jumping with one foot




Keep your eyes open and watch the ball properly.
Build up tension.



Run up and jump with one foot to meet the ball. Do not jump forward but rather upward.



With the whole body towards the ball. No fear of the ball or a collision with an opponent! ▶  2

Head the ball with just a quick tap of your forehead. The general principle is: Who jumps in time also gets the ball.



References

Literature

| Author | Name of Literature | Place of Publication | Date of Publication | Publisher |
|------------------------|--------------------|----------------------|---------------------|-----------|
| Deutscher Fussballbund | Talentförderung | Frankfurt | 2002 | phillipka |

Illustration / Picture

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