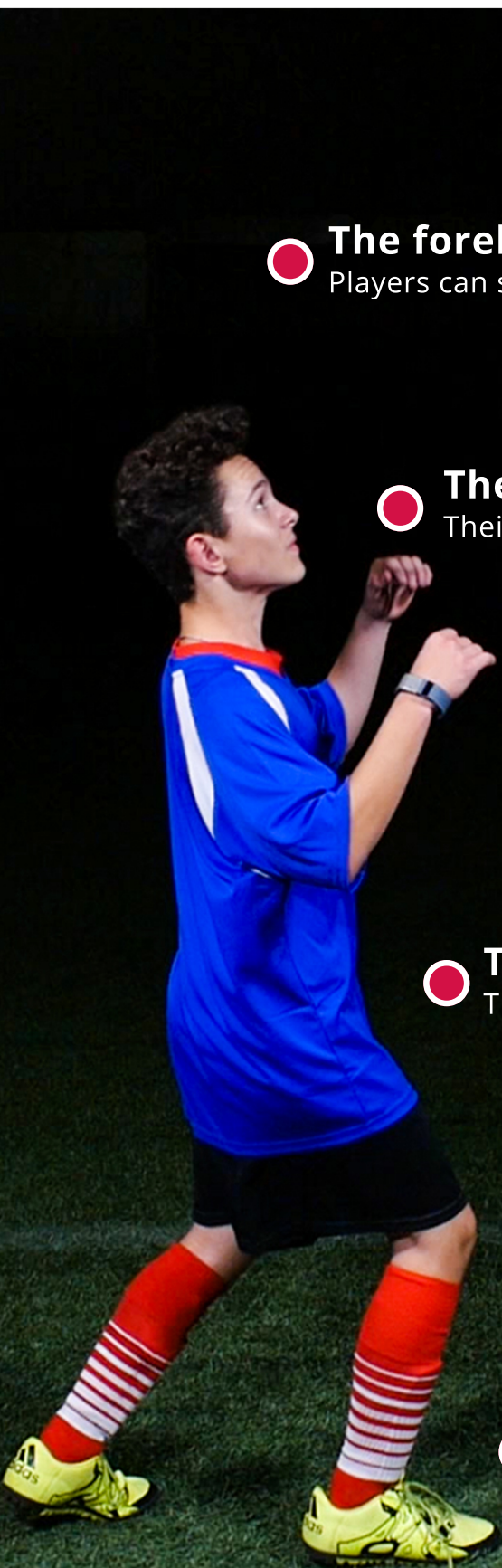






National Soccer Coaches
Association of America

Get aHEAD Safely in Soccer™


Key Coaching Points for Proper Heading Technique





 **The forehead is the primary point of contact**
Players can sometimes use side of forehead

 **The player's neck should be stiff**
Their mouth should also be closed with their chin tucked in

 **The player's arms are up for protection**
This helps shield their torso from other players

 **The torso is perpendicular to the ground**
Their body is brought back early then "snapped" forward.

 **Knees are bent**
The player is in an athletic stance to thrust forward.

 **Feet are shoulder-width apart**
The player is on the balls of his or her feet in preparation.