CROSS, HEADER, GOAL

Offensive heading technique and movement to finish crosses

SESSION OVERVIEW

SESSION AIM

Improve attacking heading by developing timing, movement, take-off and accurate contact, then applying those skills under opposition pressure.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Crossing + Heading	Heading technique	Opposed headers	8v8 games

PRACTICE 1 | TWO-ZONE HEADING

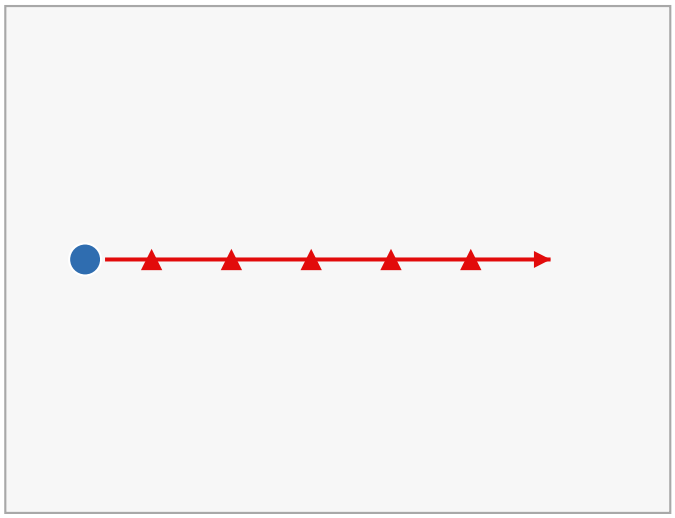
ORGANISATION

Mark out two target zones in front of goal. A wide player delivers crosses while two attackers make runs to finish with headers.

HOW IT WORKS

- Crosser aims for either target zone.
- Two attackers time their runs and may cross paths.
- Near-post runs encourage turning headers.
- Far-post runs encourage headers from a running start.

DIAGRAM



COACHING POINTS

- Watch the flight of the ball.
- Create space before the cross arrives.
- Attack the ball rather than waiting for it.
- Contact with the forehead and direct the header.

PRACTICE 2 | MULTIPLE DIRECTIONS

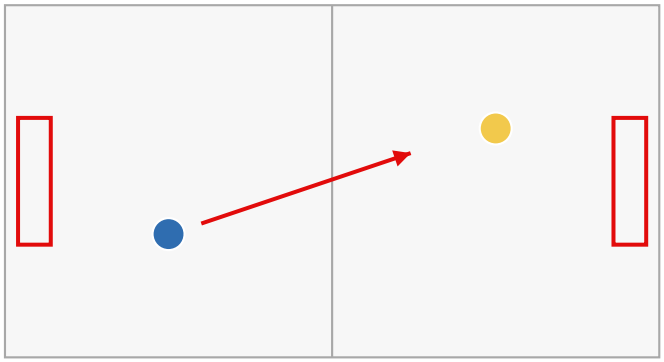
ORGANISATION

Use two goals with goalkeepers approximately 20 yards apart. One heading player works between them while three servers deliver from different angles.

HOW IT WORKS

- Server A crosses from the end line.
- Server B provides a lower ball for a diving header.
- Server C delivers from an inside position.
- Rotate servers regularly so the heading player receives different types of service.

DIAGRAM



COACHING POINTS

- Adjust body shape to the angle of service.
- Time the take-off to meet the ball at the best point.
- Use arms for balance and power.
- Land safely with bent knees.

PRACTICE 3 | GET FREE OF THE DEFENDER

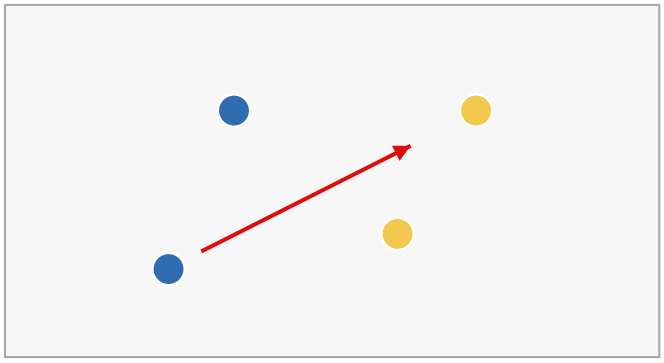
ORGANISATION

Add an active defender. The goalkeeper or wide server begins each repetition by delivering for the attacker to finish with a header.

HOW IT WORKS

- Attacker uses body fakes, checking movements and changes of pace to lose the defender.
- Add a crosser on each wing for varied service.
- Progress to two-zone heading with a live defender.

DIAGRAM



COACHING POINTS

- Move before the cross is played.
- Create space and time for the header.
- Attack at top speed once the run is made.
- Stay focused on timing and clean technique.

FINAL GAME | HEADER-FOCUSED 8v8

ORGANISATION

Play an 8v8 game with wide areas or a designated header zone to encourage crosses and aerial finishing.

HOW IT WORKS

- Goals from headers can be rewarded with an extra point.
- Encourage wide players to create crossing opportunities.
- Attackers should make contrasting near-post, central and far-post runs.

COACHING POINTS

- Quality of cross before quantity.
- Movement should start before the ball is delivered.
- Compete positively for the first contact.
- React quickly to second balls.

SESSION DIAGRAM

