

HEADING IN FOOTBALL TRIAL



A trial to remove deliberate heading in football matches across U12 level and below in England from the start of the 2022/23 season.

GUIDANCE FOR COACHES

WHY?

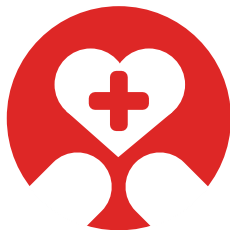
Align matches with training.
Currently heading in training at U12 and below is eliminated or restricted.



Support the development of more skilful players.
Stay on the ball when in possession.



Player welfare.
Mitigate against any potential risks that may be linked to heading the ball while research is ongoing in this area.



WHAT ARE THE LAW CHANGES?

Deliberately heading the ball is an offence punishable by an indirect free-kick. The indirect free-kick is taken at the point where the ball was deliberately headed.

- Where a player of the defending team deliberately heads the ball in their own penalty area, the indirect free-kick is taken from the penalty mark

Deliberately heading the ball is not a cautionable (yellow card) or sending off (red card) offence, unless it:

- Stops or interferes with a promising attack (yellow card)
- Denies the opposing team a goal or obvious goal-scoring opportunity (red card)
- Occurs often enough to be considered 'persistent misconduct' (yellow card)

During this trial, in-direct free-kicks will be introduced into Mini-Soccer for the purpose of restarting play in the event of a deliberate header only. They will not be used in any other circumstance during mini-soccer.

HOW?

Leagues and competitions will be invited to take part in the trial for the duration of the **2022-23 season**.

WHAT IS A DELIBERATE HEADER?

A deliberate header / heading will usually involve a player moving their head and / or body:

- Towards the ball and / or
- Into the path of the ball

When judging if a header is 'deliberate', account should be taken of whether the player had the time / opportunity to avoid the ball. This will be influenced by:

- The speed of the ball
- The distance between the ball and the player when it is played by another player or rebounds from the goalpost or crossbar etc.

WHAT IS YOUR ROLE?

Inform your parents and players:

- You are part of the trial
- What the trial laws are
- What is / isn't a deliberate header
- What an indirect free kick is

Encourage your players to 'stay on the ball', helping to develop their confidence and ability when moving with the ball at their feet.



**ENGLAND
FOOTBALL**