It is recognised that in Adult football there will be a more visible tactical use of restarts, resulting in potentially an increased number of headers. Please consider how you plan these activities limiting the opportunity for repetitive heading of certain players.

There are key factors to consider when introducing the technique of heading as part of a balanced programme, which include:

- Judge and adjust to the flight of the ball
- Attack the ball at optimum point
- Head contact and ball contact to control direction and distance of the ball

Different types of headers will be more prevalent in certain positions, so coaches should introduce position specific training and support. Players playing in certain positions will head the ball more often, coaches should be aware of this and therefore plan accordingly to ensure players aren’t exposed to long periods of repetitive heading.

If you are playing or coaching in the NLS Steps 1-4 or Women’s Championship the professional game guidance provides further detail and information for consideration.

- Women’s Championship
- Men’s NLS Steps 1-4