**Heading Guidance**

### No Heading in Training in the Foundation Phase

**Graded Approach to Heading for Children in the Development Phase U12-U16**

<table>
<thead>
<tr>
<th>Age</th>
<th>Ball size</th>
<th>Format</th>
<th>Frequency of heading in any one training session</th>
<th>Game context</th>
</tr>
</thead>
<tbody>
<tr>
<td>U6</td>
<td>3</td>
<td>N/A</td>
<td>Heading should not be introduced in training sessions at this age</td>
<td>The Foundation Phase DNA aims to provide an enjoyable and memorable experience for young children. Priority at this age is fun engagement and the mastery of both the body and the ball.</td>
</tr>
<tr>
<td>U7</td>
<td>3</td>
<td>Up to 5v5</td>
<td></td>
<td>Due to the increased heading activity in the game, we strongly advise a maximum of one session per month with light balls, limited repetition of a maximum of five headers, using self-serve or short distances. These limited sessions should introduce the technique of heading and should always be unopposed.</td>
</tr>
<tr>
<td>U8</td>
<td>3</td>
<td>Up to 5v5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U9</td>
<td>3</td>
<td>Up to 7v7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U10</td>
<td>3</td>
<td>Up to 7v7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>U11</td>
<td>4</td>
<td>Up to 9v9</td>
<td></td>
<td></td>
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<tr>
<td>U12</td>
<td>4</td>
<td>Up to 9v9</td>
<td>Heading remains a low priority and our expectation is that heading should not be introduced at this stage. However, if coaches feel it is necessary to introduce the technique of heading, due to the increased heading activity in the game, we strongly advise a maximum of one session per month with light balls, limited repetition of a maximum of five headers, using self-serve or short distances. These limited sessions should introduce the technique of heading and should always be unopposed.</td>
<td>The Youth Development Phase DNA continues to provide an enjoyable and memorable experience for young players. Priority is still fun, engagement and mastery of both the body and the ball. Players at this age are ready to cope with more decision making, which is reflected in the challenges provided in both training and games. This will still be done within an environment that is both supportive and positive. While there may be a small increase in the number of headers seen in the game at this age group, it will remain a low priority when compared to other technical aspects of the game. Coaches should continue to use the time they have with players to maximise the development of other key skills seen more regularly in the game at this age.</td>
</tr>
<tr>
<td>U13</td>
<td>4</td>
<td>Up to 11v11</td>
<td>Heading remains a low priority and our expectation is that heading should not be introduced at this stage. However, if coaches feel it is necessary to introduce the technique of heading, due to the increased heading activity in the game, we strongly advise a maximum of one session per week with light balls, limited repetition of a maximum of five headers, using self-serve or short distances. These limited sessions should introduce the technique of heading and should always be unopposed.</td>
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<tr>
<td>U14</td>
<td>4</td>
<td>Up to 11v11</td>
<td>Heading remains a low priority. Players can be introduced to the basic concepts in training with limited repetition. Coaches should focus on heading practice more than one session per week and limit the number of headers per player to 10 per session. Coaches should use a variety of distances relative to the game at this age.</td>
<td>The Youth Development Phase DNA continues to provide an enjoyable and memorable experience for young players. Priority is still fun, engagement and the mastery of both the body and the ball. Players at this age are ready to cope with more decision making, which is reflected in the challenges provided in both training and games. This will still be done within an environment that is both supportive and positive. As players’ knowledge of the game and physical strength develops, there will be a more visible tactical use of restarts, resulting in an increased number of headers. 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 control in relation to direction and distance of the ball Different types of headers will start to be used, so coaches can introduce position-specific movement patterns. <strong>RECOMMENDATION: LIMITING HEADING IN TRAINING</strong> These recommendations have been developed to protect players welfare. As further research is undertaken this guidance will be reviewed and updated to reflect increased understanding. It is recommended that heading practice is limited to 10 headers per session and only one session a week where heading practice is included. Players should be responsible for monitoring their own heading activity.</td>
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<tr>
<td>U15</td>
<td>5</td>
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<tr>
<td>U16</td>
<td>5</td>
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</tr>
<tr>
<td>U18</td>
<td>5</td>
<td>Up to 11v11</td>
<td>As the game begins to replicate the adult game, coaches should use a variety of heading situations players will experience during a game. This includes the introduction of contested headers. While you may now use match balls in the session, light balls can still be used in training when practising the technique of heading.</td>
<td></td>
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