



# Target Master Training Drills

Training Drill: Heading.

Exercise Aim: Improve Focus, Direction, Technique & Neck Muscles.

Setup :

- Set up hoops into the vertical position. Net draw string can be open or closed.
- Set 2 meter exclusion area around the TM.
- Set time limit for drill. (Recommended 3 mins)
- Set points score for each hoop. IE: Top 2 pts, Middle 1pt & Bottom 3pts. Set the bottom hoop for the higher value to encourage heading downwards.
- Split the participants into two groups. Min 5 a side to max 8 a side.
- Ensure that every player has a football except for two players. IE: 10 participants 8 footballs, 16 participants 14 footballs etc.

## Heading Drill.

1. **P1**, stands behind the marker cones.
2. **P1**, passes the ball to **S**, either by throwing or a push pass.
3. **S**, holds the ball.
4. **P1**, starts a run towards the TM preparing to receive the ball back.
5. **S**, throws the ball into the air for **P1**, to have an attempt at one of the hoops.
6. **P1**, attempts to head the ball through one of the hoops.
7. **P1**, collects the ball after the attempt and continues run to join the back of the line for **P6-P10**.
8. **P2**, continues the drill doing exactly the same as **P1**.
9. Once **P5**, has completed their attempt, **S**, turns and continues the drill with **P6**.
10. **P6**, has their attempt, collects the ball and continues their run to the marker cones where **P1**, originally started. This is the start of the new line.
11. Drill continues for the set time limit.
12. Points scored are totalled up and a record made.



# Target Master Training Drills

## Coaching Notes & Observations.

- Observe the approach of **P1-P10**, timing of their runs and positioning for a good attempt.
- Observe stance, always ready to adjust position, front, back, left or right to keep in line with the flight of the ball. Keep on the toes.
- Arms away from the side of the body to assist balance.
- Contact with the ball using the forehead.
- Keep the eyes open and mouth closed. Jaws locked together. This is a health and safety issue. If the jaws are not locked together and free to move about then if the player makes contact with the ball at high velocity the jaws can be broken or the tongue can be bitten.
- Observe use of neck muscles.
- Observe use of shoulders and arms for additional power.
- If you leave two players without a football/ soccer ball, then this will encourage team work from the others to get the ball to them ready for their turn. Illustrate to them that the drill is against the clock and the highest score wins so the last thing they need is people waiting to take their turn but can't until they have a football/ soccer ball.
- Giving the bottom hoop the greatest value, encourages the participant to head downwards as any good striker should.
- Giving the top hoop the second greatest value encourages the participant to head upwards as any good defender should do.

## Progression:

- You can progress the drill by throwing the ball at various heights to encourage a jumping header, a ducking header or a diving header.
- As they improve you can then nominate different hoops.
- Reduce set time and increase the distance to run.

## General Observations:

- We have noticed that the younger participants tend to enjoy the diving header exercise the most.
- The younger participants also tend to forget that heading a ball can hurt because they stay focused on the hoops. This encourages correct contact point with the head and builds up their confidence.
- Participants also start using the neck muscles automatically without it being coached as it seems to happen naturally.
- This drill is a good warm up, warm down exercise and gives your session something different from the normal run of the mill drills.