



New Jersey Youth Soccer Coaching Schools: HEADING INSTRUCTION GUIDELINES

AGE GROUP	GAME RULES	TRAINING RULES	METHODOLOGY	COACHING OBJECTIVES
U11 and younger	Heading Prohibited	Heading Prohibited	N/A	N/A
U12	Heading Permitted	Limited to 30 minutes per week. No more than 15-20 headers per player, per week.	<ul style="list-style-type: none"> Ball: Size 4 or lighter/softer (e.g. beachball, sponge/nerfball, volleyball), Not futsal balls Service: balance it on head, then 2 handed underhand-toss, progressing to service from the teammates' feet ground (no coach service from the feet) Activities: <ul style="list-style-type: none"> Training in pairs Unopposed to restricted opposition Skill games, e.g. Soccer-tennis 	Teach technique to build confidence and reduce injury risk Coaching Points: <ul style="list-style-type: none"> Eyes open Mouth closed Point of contact – forehead Retract head from approaching ball Arms out for balance and protection Body control, footwork and approach
U13-U14	Heading Permitted	Limited to 30 minutes per week. No more than 15-20 headers per player, per week.	<ul style="list-style-type: none"> Ball: Size 5 or lighter/softer ball Service: Variety of services from teammates (no Coach service from feet) Activities to add to above: <ul style="list-style-type: none"> Training games, e.g. Head-Catch 	Refine technique and tactical application Coaching Points to add to above: <ul style="list-style-type: none"> Attacking vs. Defensive application Contact the ball at its highest point: for attacking contact the top half of the ball so ball goes down and when defending contact the bottom of the ball so it goes high, far and wide
U15-U19	Heading Permitted	Continue to keep safety in mind	<ul style="list-style-type: none"> Ball: Size 5 Service: Variety of game-related service Activities to add to above: <ul style="list-style-type: none"> Match situations, e.g. Set Pieces 	Technical/Tactical/Functional application Coaching Points to add to above: <ul style="list-style-type: none"> Body control for power/accuracy Maintain separation from opponents