

Heading Guidelines for Children and Adolescents in Football

Student status	Corresponding age	Suggestions for formulation of training guidance	Purpose and development focus of training
Pre-school	Under 6	The suggestion is to avoid heading practice	<ol style="list-style-type: none">Promote interest in sports among young children through soccer (football), fostering the habit of continuous physical activity in the future.Emphasize the interaction between children and the ball, teaching basic soccer skills through fun activities to develop ball control and body coordination.
1st grade	U7		
2nd grade	U8		
3rd grade	U9	<ol style="list-style-type: none">Heading practice is not encouraged.If heading practice is necessary, the following alternative options are recommended: (1) Use a balloon for forehead contact practice. (2) Toss the balloon upwards and practice forehead contact.	<ol style="list-style-type: none">Emphasize maintaining a continuous passion for soccer. If heading practice is necessary, it is recommended to use alternative methods to learn the correct heading technique.Focus on creating a positive experience and the development of other skills, while paying attention to the children's health status.Learn how to bring into team spirit in actual matches and enjoy the pleasure of cooperation.Develop the physical abilities required for heading.
4th grade	U10		
5th grade	U11	<ol style="list-style-type: none">Heading practice is not encouraged.If heading practice is necessary, the following alternative options are recommended: (1) Use foam balls for forehead contact practice. (2) Practice heading the foam ball after it bounces on the ground. (3) Improve hand-eye coordination when competing for the ball with opponents. (4) Enhance core stability and strengthen neck muscles.	
6th grade	U12		
Junior High	U13	<ol style="list-style-type: none">Use a lightweight ball or a size 4 ball for heading practice.Use a size 5 ball with the lowest air pressure standard for heading practice.Improve hand-eye coordination when competing for the ball with opponents.Enhance core stability and strengthen neck muscles.	<ol style="list-style-type: none">Continuously strengthen the physical abilities required for heading.Conduct heading practice in a progressive manner.Perform heading practice volume assessments and keep records (frequency, repetitions).Athletes and coaching staff should pay attention to the athletes' physical condition.