

# Let us play football

Football is a very interesting and exciting game. In the past, playing football was limited to men only, but now it has become popular among women, too. In order to become a good football player, one should have a very high level of physical and mental fitness. There are many skills related to football, namely dribbling, kicking the ball, ball controlling, heading the ball, throw in, field defending and goal defending.

These skills were introduced to you when you were in grade 7 and by now you have learnt two skills – kicking the ball and ball controlling.

In this lesson let us learn about how heading the ball is done remaining in standing position.

## Composition of a football team

A football team consists of 15 players. For a game of football, there should be 11 players in a team and one of them plays as the goal keeper. The number of reserves that can substitute other players are three.

## Heading the ball

Heading the ball is a very important skill in football. Heading can be done with the front part of the forehead. Heading should be done aiming the middle of the ball. If heading is not done very carefully using the proper technique, there is the risk of being subjected to injuries.

Using the heading technique the ball can be directed forward, to the left or to the right.

## Different ways of heading the ball

### 1. Heading in a standing position



Figure 8.1

### 2. Heading with a jump

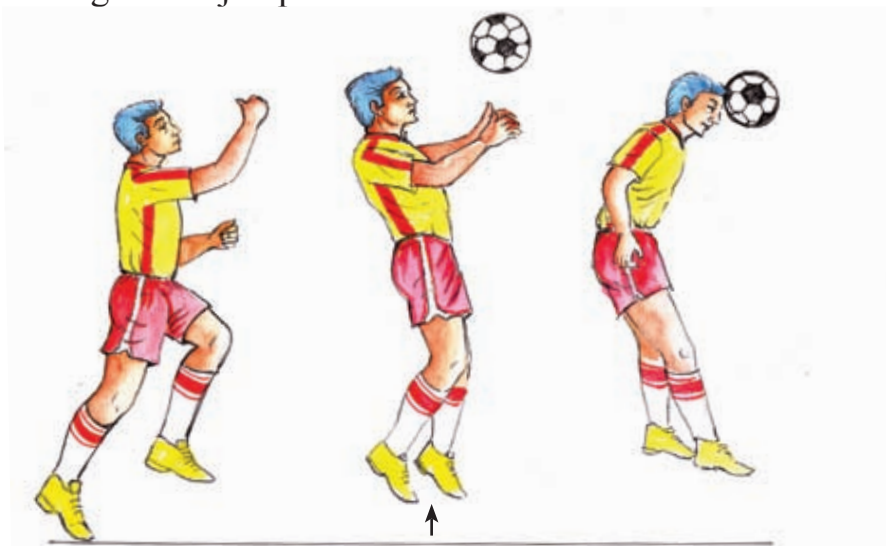


Figure 8.2

### 3. Heading with a dive



Figure 8.3

### Heading the ball in a standing position

- When heading the ball is done in a standing position eyes should be focused on the ball.
- The ball should be headed on the middle of the ball with the centre of the forehead.
- As the ball is headed, the body should be bent backwards like a bow and then should be straightened bringing the head forward.
- The two hands are positioned a little ahead the shoulder level.
- Body balance should be maintained by placing the two feet apart keeping a gap of a little more than shoulder width between the two feet.



Figure 8.4

## Activities for practising heading the ball

1. Take the ball in both hands and hold it before the forehead as shown in the figure and hit it with the forehead.

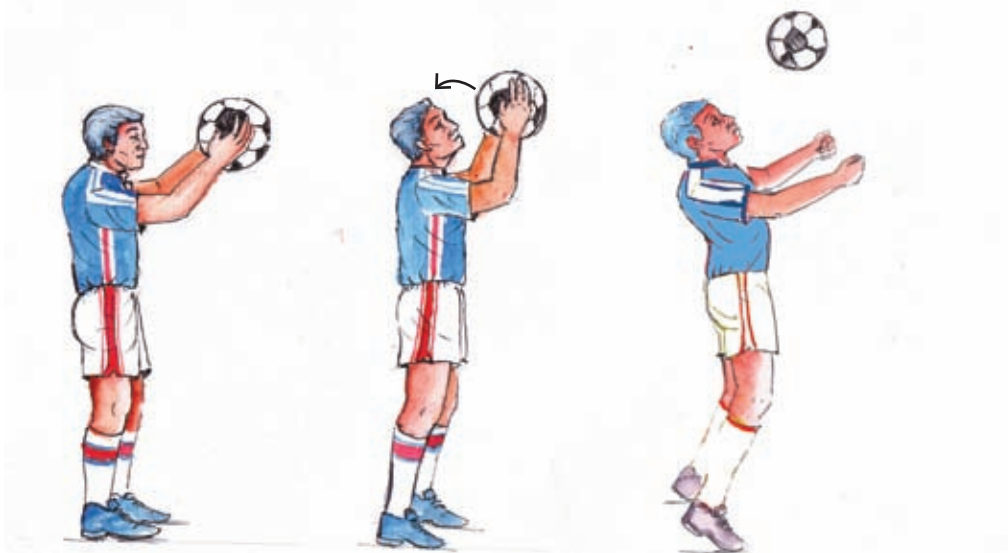


Figure 8.5

2. Toss the ball by yourself and as the ball comes down head it following the correct heading technique.



Figure 8.6

3. Ask a friend to stand before you about five metres away from you and ask him to throw the ball to you from above the level of the head.

As the ball approaches you, head it and return it to your friend.



Figure 8.7

4. Ask a friend to stand with you, with a gap of about 3 metres.

Take turns in heading the ball between two of you.

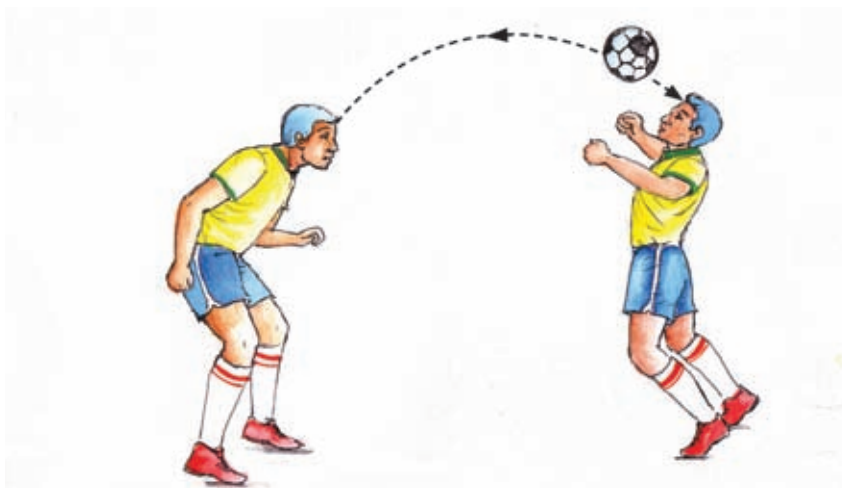


Figure 8.8



### Activity

Go to an open area with your teacher and engage in activities to practice heading the ball in a standing position.

## Factors that should be taken into consideration when heading the ball in football

1. Eyes should be kept focused on the ball.
2. The ball should be headed in the middle.
3. Particular attention should be paid towards ensuring safety.

### Summary

Out of the skills of football, which is one of the most popular games in the world, there are two methods of hitting the ball, namely kicking the ball and heading the ball.

Heading the ball is done with the centre of the forehead and the ball is headed on the middle of the ball.

Heading the ball is done in three different ways –in a standing position, with a jump and with a dive.

When heading the ball special attention should be paid towards safety. These skills can be developed by engaging in various activities.



## Exercise

1. State the factors that should be taken into consideration when heading the ball in football.
2. What are the three methods of heading the ball in football.
3. Demonstrate heading in standing position