



Minnesota Youth Soccer: HEADING 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. volleyball or nerfball), Not futsal balls Service: Hand-toss, progressing to foot service from teammates (no coach service from feet) Activities: <ul style="list-style-type: none"> Training in pairs Unopposed to restricted opposition Skill games, e.g. Soccer-tennis 	<p>Objective: Teach technique to build confidence and reduce injury risk</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> Eyes open Mouth closed Point of contact – hairline Chin tucked in before contact 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 service from teammates (no Coach service from feet) Activities to add to above: <ul style="list-style-type: none"> Training games, e.g. Head-Catch 	<p>Objective: Refine technique and tactical application</p> <p>Coaching Points to add to above:</p> <ul style="list-style-type: none"> Attacking/Defending heading Head ball at highest point possible
U15-U19	Heading Permitted	No limitation	<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 	<p>Objective: Technical/Tactical/Functional application</p> <p>Coaching Points to add to above:</p> <ul style="list-style-type: none"> Body control for power/accuracy Maintain separation from opponents