

SKILLS IN THE SPOTLIGHT

Identify two major muscles used when jumping for a header

Name the type of movement at the ankle during take-off for a header

Describe the joint type at the knee used when taking off for a jump header

Explain the type of muscle contraction that occurs in the quadriceps during take-off for a header

Explain which lever system is used at the neck when heading the football

Identify the muscle fibre that is mainly responsible for this action

Football - Header



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Quadriceps &
Gastrocnemius

Plantar flexion

Hinge joint - allowing flexion and extension when bending and straightening the leg to take off

First-class lever. Fulcrum is the neck joint, effort is provided by the neck muscles, the load is the weight of the head

Concentric contraction
- shorten to extend the knee, generating force to push off

Type IIx (fast-twitch) muscle fibres

Football - Header

