

# 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 role of the skeletal system in protecting vital organs during a header

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

Identify the muscle fibre that is mainly responsible for this action

Football - Header



# SKILLS IN THE SPOTLIGHT

Quadriceps &  
Gastrocnemius

Plantar flexion

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

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

It provides protection to vital organs. E.g. the cranium protects the brain to prevent concussion when heading the ball

Type IIx (fast-twitch) muscle fibres

Football - Header

