SKILLS IN THE SPOTLIGHT

Identify the joint action occurring at the neck during a football header

Give an example of an isotonic contraction involved in a football header

Identify the muscles that are primarily responsible for generating power during a football header.

Describe the role of the agonist and antagonist muscles during the movement a football header.

Explain how knee flexion plays a role in the movement during a football header

Name the joint action at the hip as a footballer jumps for a header.

Football - Header

SKILLS IN THE SPOTLIGHT

Neck extension

Upward phase of header - neck extensors contract concentrically to extend the neck and elevate the head toward the ball

Quadriceps, gastrocnemius, and gluteals are responsible for generating power in the jump, while the neck extensors and trapezius muscles help direct the head toward the ball.

Agonist muscles - the neck extensors, contract to extend the neck and direct the head toward the ball. Antagonist muscle - the neck flexors, relax.

Knee flexion occurs as the player bends their knees to lower their center of gravity before jumping to meet the ball, providing power and elevation for the header

Hip flexion

Football - Header

OCR A-Level PE - Musculo-skeletal System Answers

The PE Classroom