

SKILLS IN THE SPOTLIGHT

Identify one injury that could occur when performing a header

Name one warm-up activity that reduces injury risk before heading

Explain why a player with suspected concussion must be removed from play

Explain why strengthening neck muscles helps reduce injury risk in heading

Explain one safe technique used when heading the ball

Identify one symptom of concussion a player might show after a header

Football - Header



SKILLS IN THE SPOTLIGHT

Concussion

Neck mobility
exercises

Prevents further injury and
allows medical assessment

Contacting the ball with
the forehead, not the
top of the head helps
avoid concussion

Provides stability
and reduces shock
on impact

Dizziness

Football - Header