

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 the role of cartilage during a header in football

Identify one muscle used when performing a header in football

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

Reduces friction at joints when jumping and landing/absorbs shock, protecting bones during impact on landing

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

Quadriceps, gastrocnemius, or abdominals

Football - Header

