



Heading the ball policy

We, the club, commit to providing a safe, fun environment for you to enjoy football and when you become a representative of the club, as a coach or player or spectator, you are representing all players and coaches and must at all times display behaviour that promotes the clubs 3 key principles of **safety, learning and respect**.

The Club has reviewed recent publicity around growing safety concerns regarding children heading footballs and has also reflected on its past research and engaged with many 1:1 on the subject to understand what evidence and information is out there. The subject was first discussed at Committee in March 2017. At the time the club sent its research to the FA and they told us they were conducting their own research.

Whilst we await guidance from the FA, we have looked to other countries to understand other models. For example, in the US, since 2015, they have banned heading entirely for U11 in both training and matches and restricted it in training for U12 and U13.

We've consulted many of the coaches of younger teams and have had very constructive, supportive feedback and so whilst we await the results from the FA's research, we are adopting the below with immediate effect:

- All coaches of U14 teams and below do not allow repetitive heading drills in training sessions.
- All coaches of U10s and below we believe heading should be avoided in training, other than a basic understanding/technique of how a ball should be headed while in a match situation.

The evidence we have reviewed in coming to this conclusion is available on our website under library.