



Sporting Omaha FC 2015-16 Policy on Heading

Sporting Omaha FC strongly supports the soccer governing bodies in removing heading risks. We believe the following steps will support long term safety. Sporting Omaha FC will continue to monitor and evaluate any new information, and adjust this policy as required to ensure the safety of our players.

Effective immediately, Sporting Omaha FC is implementing an indefinite 'ban' on repetitive heading practices for all U12 and younger teams. All coaches at the YDP, Academy, Recreation and Select levels of play will be responsible of ensuring the successful implementation of this ban. Please note that heading the ball is part of the game of soccer, and heading the ball is not being 'banned' completely at these age groups, just any form of repetitive 'heading' practice exercises, e.g. players in pairs or in lines serving (hands or feet) the ball to each other repetitively, over and over again to perform headers. Examples of scenarios where you could still see heading in training sessions, from players at the U12 and younger groups include, but are not limited to: any small sided or full sided game, crossing and finishing sessions, set piece exercises.

It is important for coaches to use the correct size and weight of the ball for each age group. Caution must be taken when players of mixed age groups play or train together. We must also use caution when allowing players to play up where the size of the soccer ball changes.