

Wide free kicks

Organisation

Set up area, as shown above, adjusting sizes to specific Goalkeepers/players you have within the session.

Please refer to Eric's GkNexus 'Video Presentation', defending setplays within a team structure, for all players roles and responsibilities.

If DEF team (Red), gain possession of the ball after the free kick, they will attempt to counter attack and score in the opposite goal.

Progression(s)

1. Play as a small sided game and at any point the coach can shout 'FREE KICK FROM HERE' which will be a random location and will force the DEF team to get in their defensive shape for a corner as quickly as possible.

Key points

1. Organisation
2. communication
3. Composure
4. Commitment
5. Concentration
6. Responsibility
7. Handling
8. Dealing with crosses
9. Shot stopping



Central free kicks

Organisation

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