

## **Subject:** Free Kicks

### **Lesson Objective:**

The participant will be able to list the elements necessary for a correctly taken free kick; state the two exceptions to placing the ball at the point of infraction; state an exception to the 10 yard requirement and state the difference between a DFK and IFK.

### **Equipment and Materials to Teach the Lesson:**

Overhead projector, screen, transparencies, extension cord, soccer ball, etc.

### **Approximate Time Needed:**

40 minutes

### **Set:**

The instructor will blow a whistle and signal a direct free kick. Ask the participants what was just signalled. After they have had an opportunity to respond, the instructor will acknowledge that he/she was demonstrating the signal for a direct free kick.

### **Strategies to Actively Involve the Participants:**

Briefly explain what a free kick is and use questioning techniques on the various aspects of DFK's and IFK's to elicit student responses. Explain the elements of free kicks and demonstrate each aspect.

Students can be asked to demonstrate "wall building" techniques and the proper signals for the two types of kicks.

### **Information: Facts, Concepts, Skills to be Taught:**

- Definition: a free kick is the method of restarting the match after an infringement
- Types of free kicks
  - Direct free kick - DFK
  - Indirect free kick - IFK
- How taken:
  - 1) Ball must be stationary
  - 2) Kicked in any direction
  - 3) No "double touch"
  - 4) No encroachment - opponents must be 10 yards away
  - 5) Restart signal required
  - 6) Cannot scored directly against own team
- Where taken
  - Point of infraction with two exceptions
    - Inside own goal area - may be taken anywhere in goal area
    - IFK inside opponent's goal area - on goal area line parallel to goal line
- Ball is in Play when
  - Kicked and moves unless:
    - Inside own penalty area - must leave penalty area to be in play

- Quick free kicks
  - Kicking team has a right to restart quickly
  - Defending team has NO right to form a wall
  - Referee should encourage a "quick" free kick
  - Referee should NOT interfere unless:
    - Kicking team insists on 10 yards
    - Encroachment is severe
    - Referee is dealing with misconduct
  - Kicking team at risk of losing possession if quick kick is taken
    - opponent retiring and kick goes to opponent - No offense
    - opponent retiring but deflects ball passing by - Retake kick, warning
    - opponent moves to intercept ball - Retake kick, caution
  
- Ceremonial free kicks
  - Clearly indicate that kicking team must wait for referee signal
  - Be first brick in the wall
  - Move defenders to referee's position
  - Referee moves to next position
  - Signals for the kick
- Encroachment
  - All opponents must be 10 yards away - Failure to Respect the Required distance is a cautionable offense
  - One exception - if they are between the goalposts on the goal line
- Restart Mechanics
  - 1) Point direction -
  - 2) Indicate IFK if necessary
  - 3) Indicate position of ball
  - 4) Position wall, if necessary - be the first brick
  - 5) Move to next position
  - 6) Indicate IFK, if you have lowered your arm
  - 7) Signal for restart, if ceremonial free kick
- Ball in play versus Goal scoring opportunity:
  - Ball is in play when it is kicked and moves
    - Exception: when started inside own penalty area - must leave PA
  - Goal may be scored when:
    - Ball is in play
    - Touched by another player on IFK
    - Ball is kicked into opponent's goal

**Closure:**

Participants will be asked to summarize the contents of the lesson and demonstrate the signals and proper mechanics used during a free kick.