

# Attacking free kicks

This session is designed to improve your team's chance of scoring from attacking free-kicks from a range of different situations.



### What you tell your players the session is about

Improving the chances of scoring from free-kicks in various positions.

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm-up	#52 – heading game	Players are attacking balls to score with headers
The session	Goals, balls, cones	Improvement in direct free-kick situations
Development	Goals, balls, cones	Improvement in indirect free-kick situations and wide situations
Game	Goals, balls, cones	Quicker responses to winning a free kick
Warm-down	n/a	Gentle jogging and stretching exercises



### Where it fits

Individual skills: Shooting and crossing the ball, movements off the ball

Team skills: Combination play

Related Smart Sessions

Original format:

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Core:

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### What to think about

When watching top level football, every game seems to involve a goal scored from a set piece situation.

This shows how important free-kicks and corners are to the final outcome of matches.

Therefore it's vital that you spend adequate time developing this aspect of the game in training sessions





## Set-up

- Half a pitch.



## What you get your players to do

The coach takes the players through the three main types of attacking free-kick that they are likely to score from in games.

1. The direct central free-kick.
2. The indirect central free-kick.
3. The wide free kick.

In each of these areas you should discuss with the players ways in which they can score.

For instance, on wide free kicks you should have two players on the ball as this will keep the opponents guessing on whether you will use an in-swing or out-swing cross.



## What to call out

- “Take your time”
- “Get two players on the ball”
- “Can you be clever”

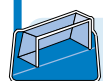


## Development

Now play a small sided game, while the game is being played you should carry a 2nd ball under your arm.

On your call place the ball and award a free-kick to a team of your choice. Immediately the players must react to this situation.

You can also determine whether the free kick is direct or indirect.

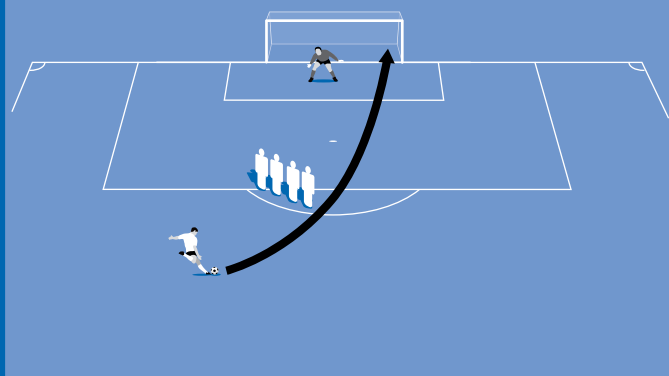


## Game situation

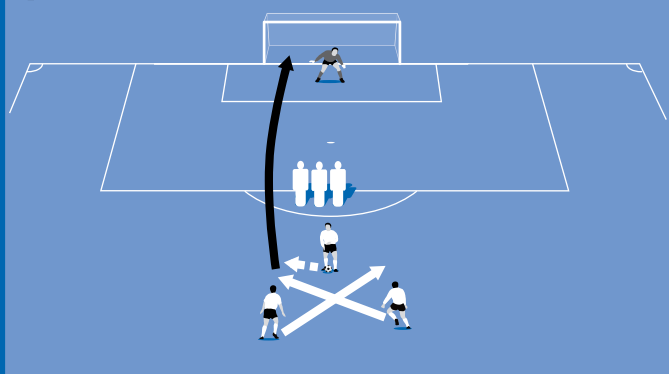
Play a normal game and award free kicks as and when they occur.

# Attacking free kicks

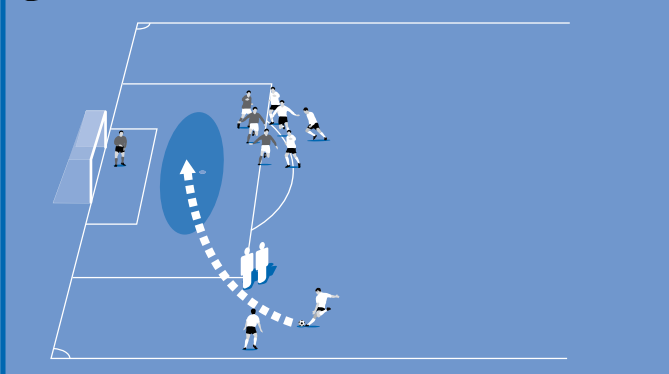
player movement  $\Rightarrow$  pass  $\square\square\square\Rightarrow$   
shot  $\rightarrow$



The direct free-kick.



The indirect free-kick. Shift the ball to create space either side of the wall.



Free-kicks from wide areas.