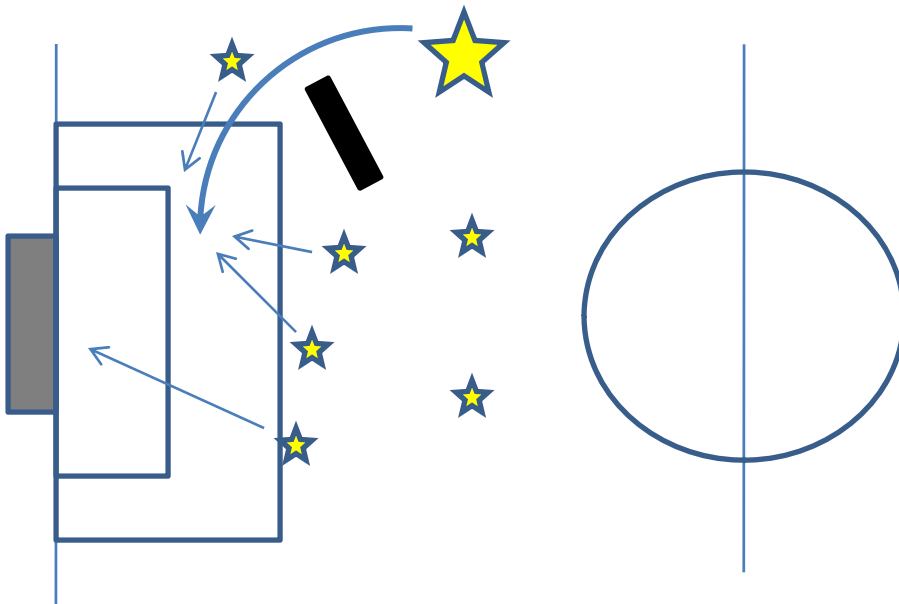


Free Kicks in the Offensive End

It is estimated that 25% or more of goals scored in soccer come from set plays. Proper set-up is key, as is timing and execution.



1. Whenever possible, have a player serve the ball into the box. This may mean going over or around a defensive wall that has been set up.
2. Repetition of kicks in practice helps teammates understand each other's timing, placement and styles.
3. Try points of entry from different positions so players can practice serving and receiving.
4. Practice these free kicks first without defenders to get it down, then add in a wall and a defense.
5. Not every player should try and go for the ball at once. Some should trail, one crashes the net for a rebound change while others stay back and play any potential clear-outs by the defense.