

Goal Kick

Why work on goal kick?

Although it may only happen 10 times a game, it is one of the easiest ways to score on if not practiced.

What is a goal kick?

A goal kick is awarded when the entire ball passes over the end line last touch by an opponent.

Where does the ball get restarted from on a goal kick?

The ball can be placed anywhere within the goal area and must be stationary. As you will see later, most good coaches will have the player place the ball in the center of the goal area instead of one of the corners. By placing the ball in the center, your player has the option to kick it to a teammate on either side or any open space on either side. When coaches have players place the ball in one corner of the goal area, most opposing coaches and players already know which side the kick is going to.

What are some special rules for a goal kick?

1. You can score a goal directly from a goal kick (but not a goal against your own team).
2. You can not be offside if you receive the ball directly from a goal kick.
3. No one may play the ball until it has completely left the penalty area. If a player runs into the area to play the ball or it does not make it out of the penalty area the kick is retaken.
4. Once the ball has left the penalty area and is in play, the kicker may not touch the ball again until it has touched another player. If he/she does, the other team is awarded an indirect free kick (rule in KASL depends on age).
5. Opponents must remain outside the penalty area.

How to defend a goal kick?

To defend, most coaches line there players up somewhere in the middle of the field; this generally happens in the U8 and below. A great way to teach is to tell them to mark up. First mark players and then mark any open areas where you think the kick may land.

Where to play the ball on a goal kick?

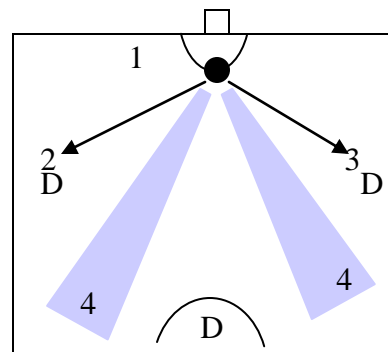
1. First, look for any open players.
2. Second, look for any open space (preferable to the sides and not in the middle).
3. Finally, when nothing is open, blast it p the field (not in the middle).

Simple goal kick for U4 through U6:

With only having 3 players here is the best way.

1. Kicker, taking the kick.
2. Your attacker, near the touch line on one side.
3. Your attacker, near the touch line on the other side.
4. If both players are marked, look for open space.

When practicing, you will have to teach your player to move to get open and that if they are marked, to be ready for a ball being played through an opening.

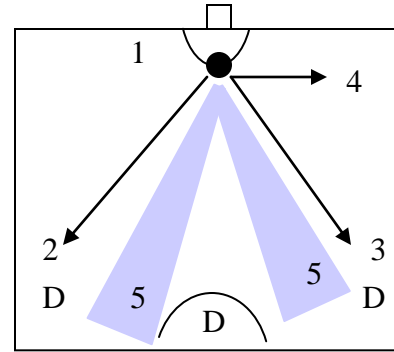


Simple goal kick for U7 and U8:

With only having 4 players here is the best way.

1. Kicker, taking the kick.
2. Your attacker, near the touch line on one side.
3. Your attacker, near the touch line on the other side.
4. Your other defender near to get a pass or help defend.
5. If all players are marked, look for open space.

When practicing, you will have to teach your player to move to get open and that if they are marked, to be ready for a ball being played through an opening.



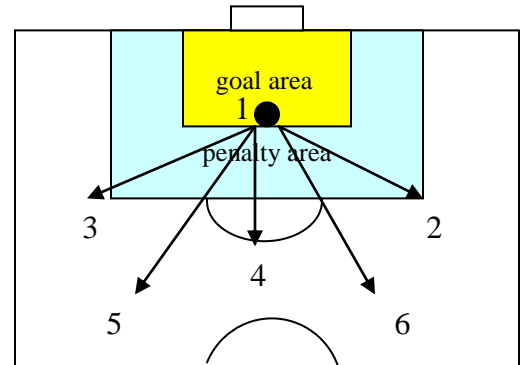
Simple goal kick for U9 and U10:

With only having 6 players here is the best way.

Always have your player place the ball in the middle of the goal area; so, he/she can play it to any side. Remember, the ball must leave the penalty area before it can be played.

1. Keeper, takes the kick.
2. Defender on one side.
3. Defender on the other side.
4. Midfielder in the middle.
1. Your attacker on your side of the field in open space.
2. Your attacker on your side of the field in open space.

When practicing, you will have to teach your player to move to get open and that if they are marked, to be ready for a ball being played through an opening.



Advanced goal kick for U9 and U10:

With only having 6 players here is the best way.

Always have your player place the ball in the middle of the goal area; so, he/she can play it to any side. Remember, the ball must leave the penalty area before it can be played.

1. Keeper, takes the kick.
2. Defender on one side for a short pass.
3. Defender on the other side for a short pass.
4. Midfielder in the middle.
5. Your attacker on your side of the field in open space.
6. Your attacker on your side of the field in open space.

This formation is intended for one of your two defenders to get the ball. It requires more dribbling and passing to work the ball up; however, it spreads your opponents out more and allows your players to have more space to work with the ball.

