

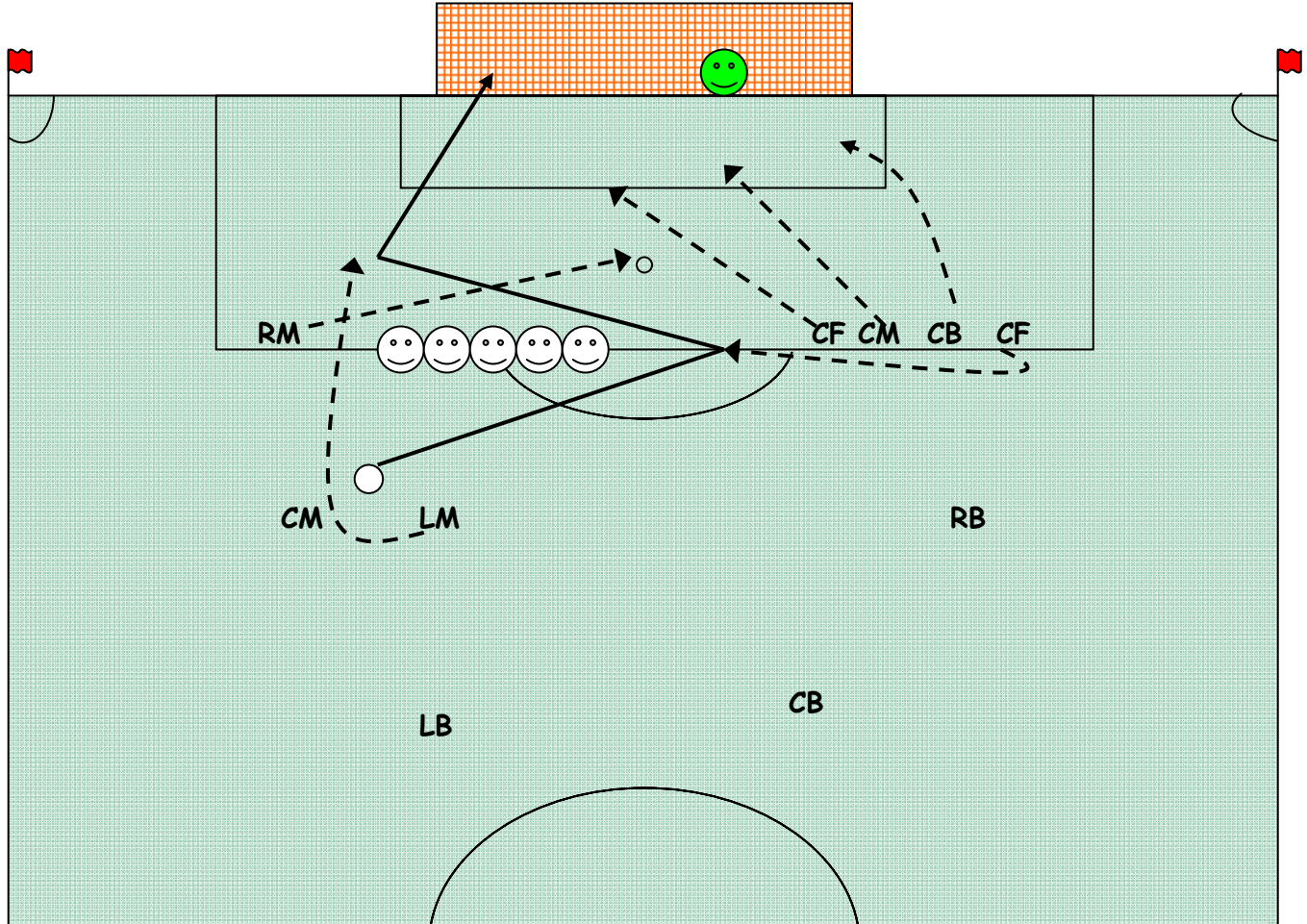


Kentucky Youth Soccer Association  
Coach Education Lesson Plan



Subject = Indirect Free Kick One

Coach = Adrian Parrish



**Description**

- \* A Center Midfielder and Left Midfielder line up on the ball
- \* The two Center Forwards, 1 Center back and one Center Mid line up at the far post corner of the 18 yard box
- \* The Right Midfielder lines up on the outside of the wall
- \* The furthest CF away runs across the front of the other three
- \* Has this happens, the LM fakes to take the free kick stepping over the ball and carry on with their run.
- \* Also at the same time the RM spins off the wall to create some space for the LM
- \* The other players now make their runs
- \* The CM is one the ball and looks like they are going to take a shot, but play a ball into the CF that spun off from the furthest side.
- \* The CF now plays the ball first time into the path of the LM who has continued their run on the blindside of the wall.

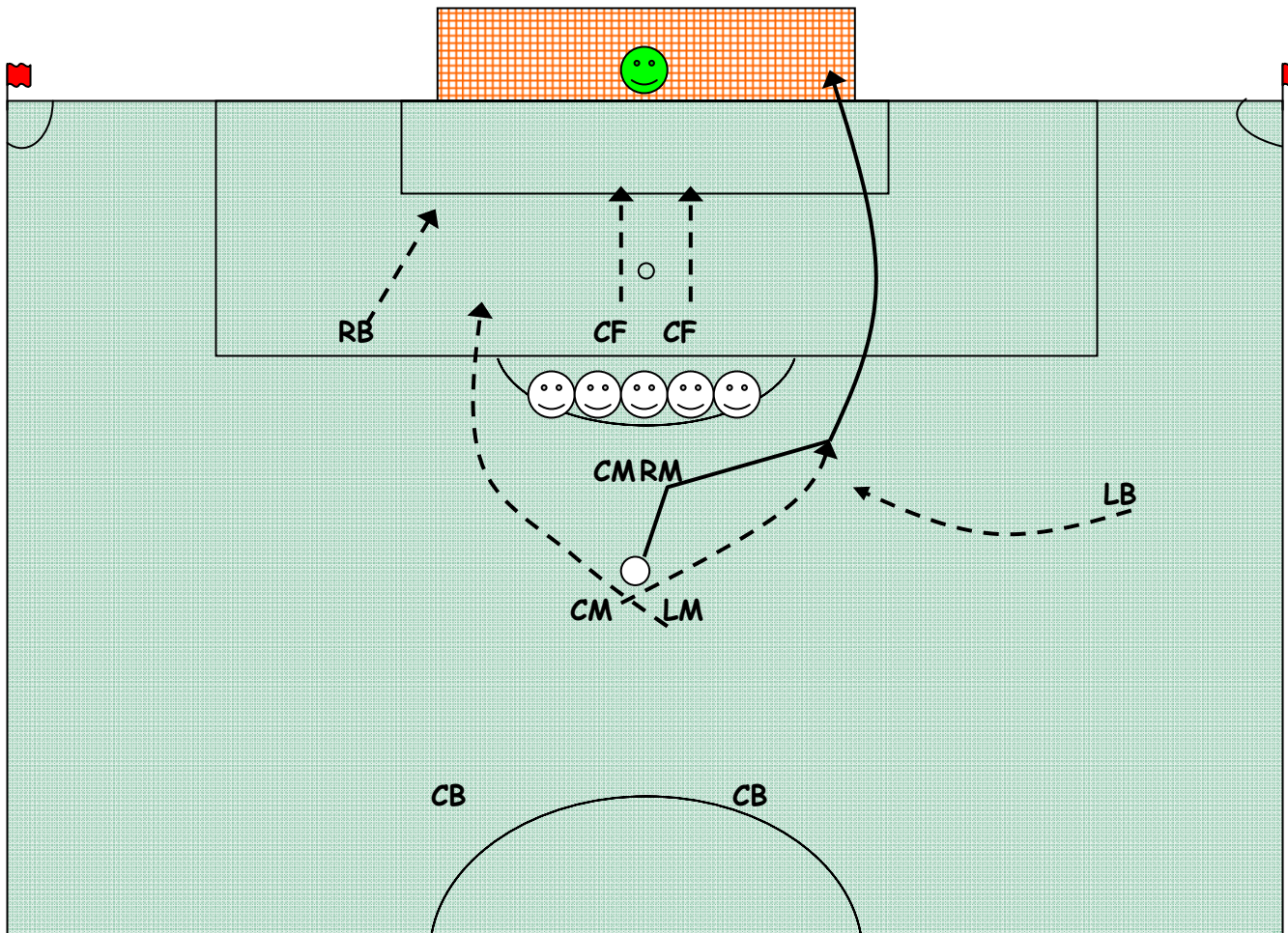
**Alternatives**

- \* CM taking the free kick plays it square to the right back who can either riffle a long range effort or plays it across the box to find one of the players making a run into the box

Kentucky Youth Soccer Association  
Coach Education Lesson Plan

Subject = Indirect Free-Kick Two

Coach = Adrian Parrish



**Description**

- \* A left and right footed player stand on the ball
- \* Place a small wall with two bigger players, half between the ball and the defensive wall
- \* Full Backs switch sides
- \* Two CF stand behind the wall
- \* One of the two player make a false run over the ball dragging a player off the wall (the player who makes the run needs to make sure they do it on the side which the defensive player shutting down is standing)
- \* The player on the ball then plays the ball into the wall, follows their run and looks for a lay off for a first time shot.
- \* Other players follow in to crash the goal.

**Alternatives**

- \* The full back can come in from the flank and look to strike the ball which is laid off by the small offensive wall
- \* Player in the wall turns with the ball and takes the shot.

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