

# Defending Free Kicks

by Chris Westrop

## **Key points:**

-GK must be loud and command the defence

-Defenders run to form a defensive wall and link arms. The player on the end of the wall (Def 1) turns and faces the GK.

-GK stands just inside the goal post nearest the ball and **instructs Def 1 to move until he is directly in between the ball and the post and would block any attempted shot at the near post.** Def 1 drags the wall as he moves.

-Once the GK says 'STOP', Def 1 turns and faces the ball

-Defenders in the wall now release their arms and cover vital organs! The wall must be as big as possible without leaving any gaps.

-GK runs to the other side of the goal so he can

a) see the ball

b) cover the far post

c) cover the middle of the goal

## **Other important points:**

-The closer the free kick, the more players in the defensive wall (ranging from 4 or 5 players if the FK is on the edge of the box to only 1 player if the kick is outside of shooting range)

-If the FK is taken short, player on far post side of the wall should charge out

-Defenders in wall must react once ball goes past them

-Other defenders mark attackers and hold offside line level with the wall. They must follow in the shot to clear any rebounds.