



2010 DRILLS



Drill of the Week...

Free Kicks

Free Kick:

Practice taking free kicks at a goal from different central positions out to the edge of the box. Form a three-, four-, or five-man wall, using taller players at each end. The keeper should position the wall to block off one side of the goal while he protects the other.



Practice curling the ball around the wall or dipping it over the wall into the unprotected area. Alternatively, use a power shot to blast the ball past (or even through) the wall.

Tip: Don't panic that you don't have enough time in practice. You never will. Your job is to keep them coming back and build their love for the game. Achieve that and there will be plenty of time. Make sure they see YOU having fun too!

Video drill for the week: Taking a Free Kick - http://www.soccer-training-info.com/riquelme_free_kick_lesson.asp