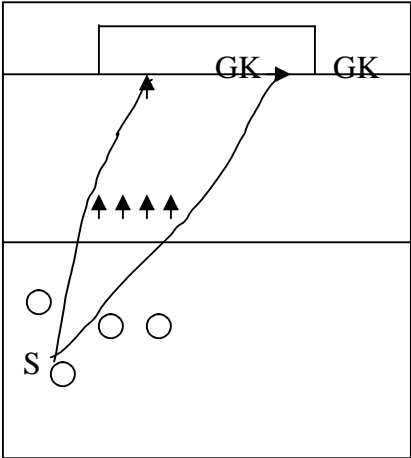
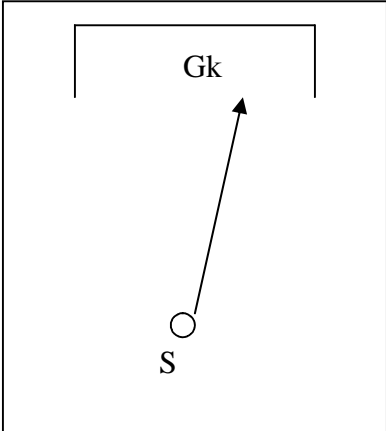


Phase &Activity	Diagram	Coaching Points
<p style="text-align: center;"><u>Set Plays</u></p> <p>Free-Kicks: Setting up a wall</p> <p>Two Gk's start by goal. Wall is set up just outside 18 yrd box, with several balls. Ball is placed in a certain position and Gk then has to line up wall accordingly. As soon as the strikers are ready they try and score by getting ball over or around the wall</p> <ul style="list-style-type: none"> • Number balls and striker decides at last minute which one to strike. Gk to line up wall with initial ball placement • Alter position of free kick so Gk has to line up wall at different angles • Rotate Gk after every 3 free kicks <p>Penalties</p> <p>GK to face 9 penalties each. Gk to face 1st three penalties and stand and react. The next three the Gk faces they have to guess. The last three penalties the Gk can decide for themselves.</p>	 	<ul style="list-style-type: none"> • Gk must get relevant players into wall as soon as possible • Gk to line wall up with tallest player being on the end of wall covering near post • Gk positions himself in the open side of the goal. The wall should cover the other side • Position of free kick will determine how many players in the wall. • If standing and reacting focus on ball not strikers eyes or body position • You may be able to watch where the striker positions the standing foot. If close to the ball –they may be placing it • If guessing take step forward as striker lowers head. • Be positive and commit yourself to one direction

