Subject = Free Kicks in Wide Positions One   **Coach = Adrian Parrish**

Description

* RM looks to whip the ball in with pace across the front of the goal. If on the right hand-side a left footed player would take the kick.
* LM stands down the line, starting in an offside position and checks back as the kicking player takes the kick.
* One CF stands just in front of the penalty spot and spins out to go in between the two groups of players.
* One group of players hits the front post and the middle of the goal
* The other group hits the back end of the goal and the far post.
* The ball must be delivered with pace and flat so players can hit the header with power or get a flick on towards the goal

Alternatives

* RM plays around the wall into the LM who must have tracked back into an onside position before the ball has been played.

Subject = Free-Kick in Wide Positions Two   **Coach = Adrian Parrish**
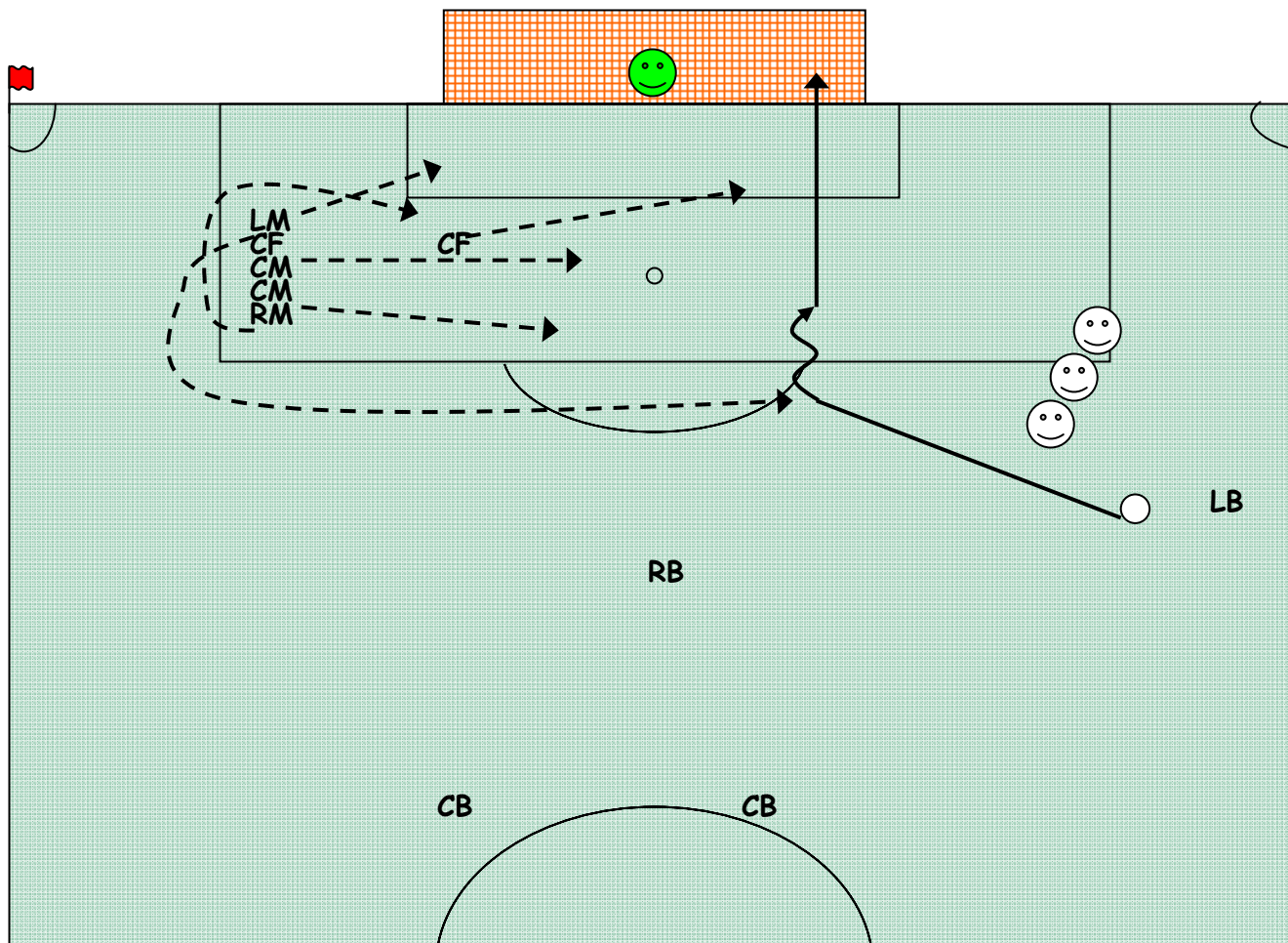
Description

* LB or LM looks to whip the ball in with pace across the front of the goal. If on the left hand-side a right footed player would take the kick.
* Five players line up on the far side of the 18 yard box
* The player second closest to the goal spins out and runs along the 18 yard box
* The player taking the kick looks to play the ball into the play who has made the run along the edge of the area
* The ball gets played in with pace so the receiving player can take it on the dribble and shoot at the goal.
* The other players hang out and leave the space available at the near post
* Other players must still make runs to create space in the penalty box

Alternatives

* Play a ball into the full back who can come up centrally but late for them to strike it first time