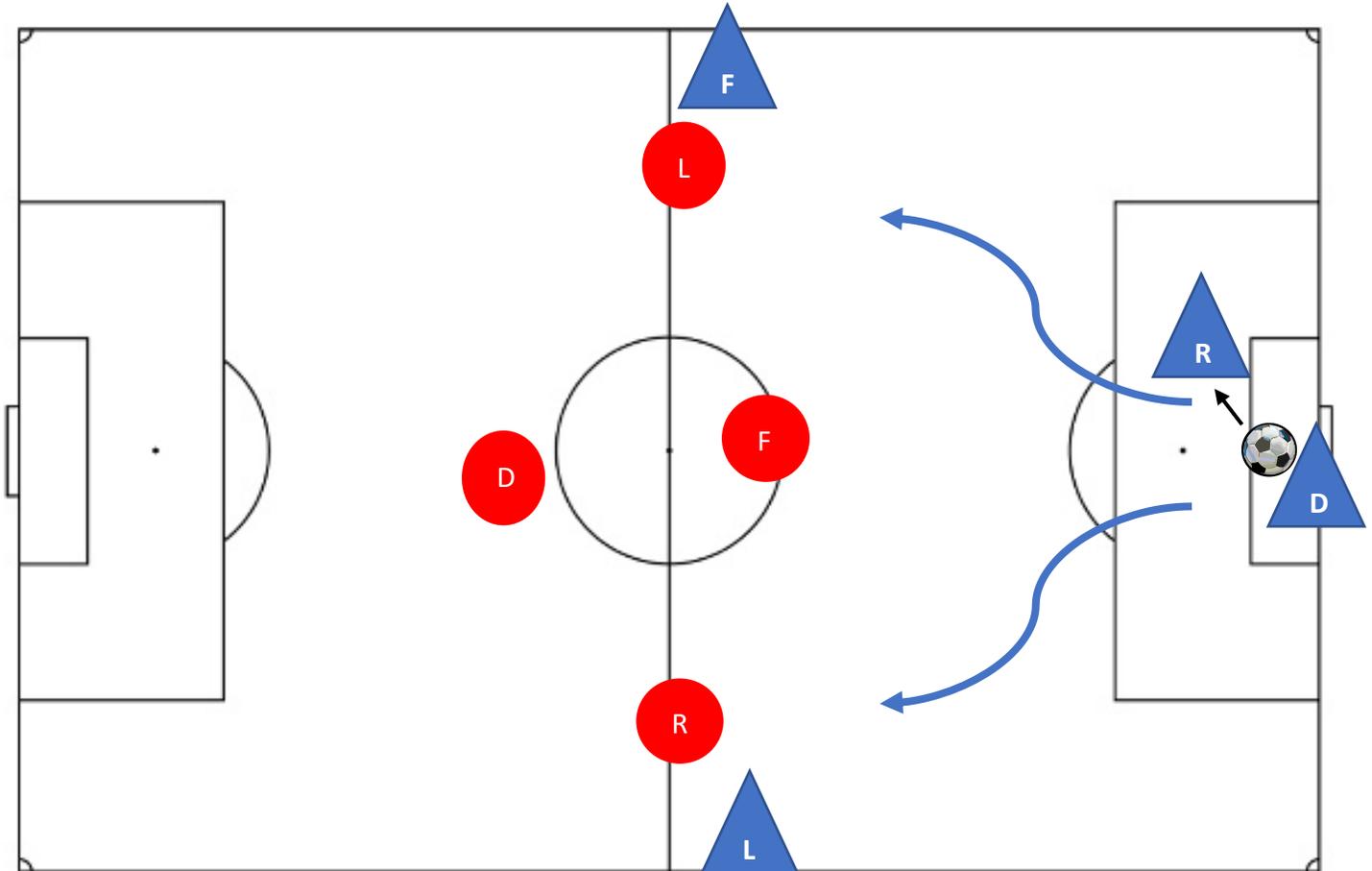


PLAYING THE BALL OUT OF THE BACK – GOAL KICK

FUTURE LEGENDS U7- U10 REC SOCCER

Some less familiar to soccer may question why teams would want to play the ball around their own half off of goal kicks, rather than just clearing it away to the other half. **However, playing out from the back is actually a far less dangerous option. 'Hoofing' the ball up the field creates a 50/50 with the other team, allowing the other team the potential to regain possession.** Meanwhile playing out from the back or building out of the back allows teams to keep possession of the ball through short and quick passes and creative dribbling. From a youth development perspective, playing out of the back is far more beneficial for all players than just one player kicking it up the field as far as they can in hopes that a fast, physical player will get on the end of it. **Instead, when playing out of the back, more players get the opportunity to touch the ball and work on the basics of the game while developing tactical knowledge on the proper ways to play soccer.**



Preferred Option:

ALL teams should play the ball out of the back when taking Goal Kicks. Set up attacking players as pictured above. Place the ball in the **'center' of the goal area** when playing the ball (horizontally). The Defender or Sweeper should roll the ball using the bottom of their foot to their teammate.

Teams will be allowed a 'second touch' **BEFORE** the defensive players are allowed to begin their approach.

WHY?

- Provide additional opportunities for dribbling out of pressure from a positive 'first touch'
- Attacking team maintains possession of the ball

If choosing to play the ball forward (out of the penalty area), the ball is live after the first touch (kick or pass).



PLAYING OUT OF THE BACK – GOAL KICK

LAW 16 – THE GOAL KICK

A Goal Kick is awarded when the whole of the ball passes over the goal line, on the ground or in the air, having last touched a player of the attacking team, and a goal is not scored.

A goal may be scored directly from a goal kick, but only against the opposing team; if the ball directly enters the kicker's goal, a corner kick is awarded to the opponents.

1. Procedure

- The ball must be stationary and is kicked from any point within the goal area by a player of the defending team
- The ball is in play when it is kicked and clearly moves
- Opponents must be outside the penalty area until the ball is in play

2. Offences and sanctions

If, after the ball is in play, the kicker touches the ball again before it has touched another player, an indirect free kick is awarded; if the kicker commits a handball offence:

- a direct free kick is awarded
- a penalty kick is awarded if the offence occurred inside the kicker's penalty area, unless the kicker was the goalkeeper, in which case an indirect free kick is awarded

If, when a goal kick is taken, any opponents are inside the penalty area because they did not have time to leave, the referee allows play to continue. If an opponent who is in the penalty area when the goal kick is taken, or enters the penalty area before the ball is in play, touches or challenges for the ball before it is in play, the goal kick is retaken.

If a player enters the penalty area before the ball is in play and fouls or is fouled by an opponent, the goal kick is retaken and the offender may be cautioned or sent off, depending on the offence.

For any other offence, the kick is retaken.

LAW 16 – GOAL KICK RULE CHANGES

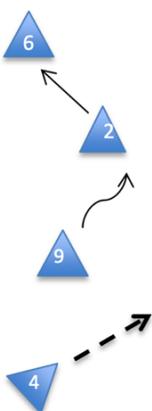
A Goal Kick is no longer required to leave the penalty area before a teammate touches the ball, meaning once the goalkeeper touches the ball for the kick, it is immediately considered in play. Opponents must remain outside the penalty area when a goal-kick takes place.

DIAGRAMMING KEY & SYMBOLS:

PLAYERS: Team your training
(Functional Exercises Use Positional Numbering)



PLAYERS: Opposition
(Functional Exercises Use Positional Numbering)



PASSES represented using **thin lines** with a head. The **length** to the arrow-head is an indication of the **distance**. The arrow-head represents the end point of the pass. **For accuracy, the angle and length should be drawn in proportion to the field diagram in which they are placed.**

DRIBBLING or RUNNING WITH THE BALL is represented using **squiggled line** with an arrow-head.

PLAYER MOVEMENT or RUNNING WITHOUT THE BALL represented using **dashed line** with an arrow-head. **Angle of the point of triangle represents angle of approach by the player**