

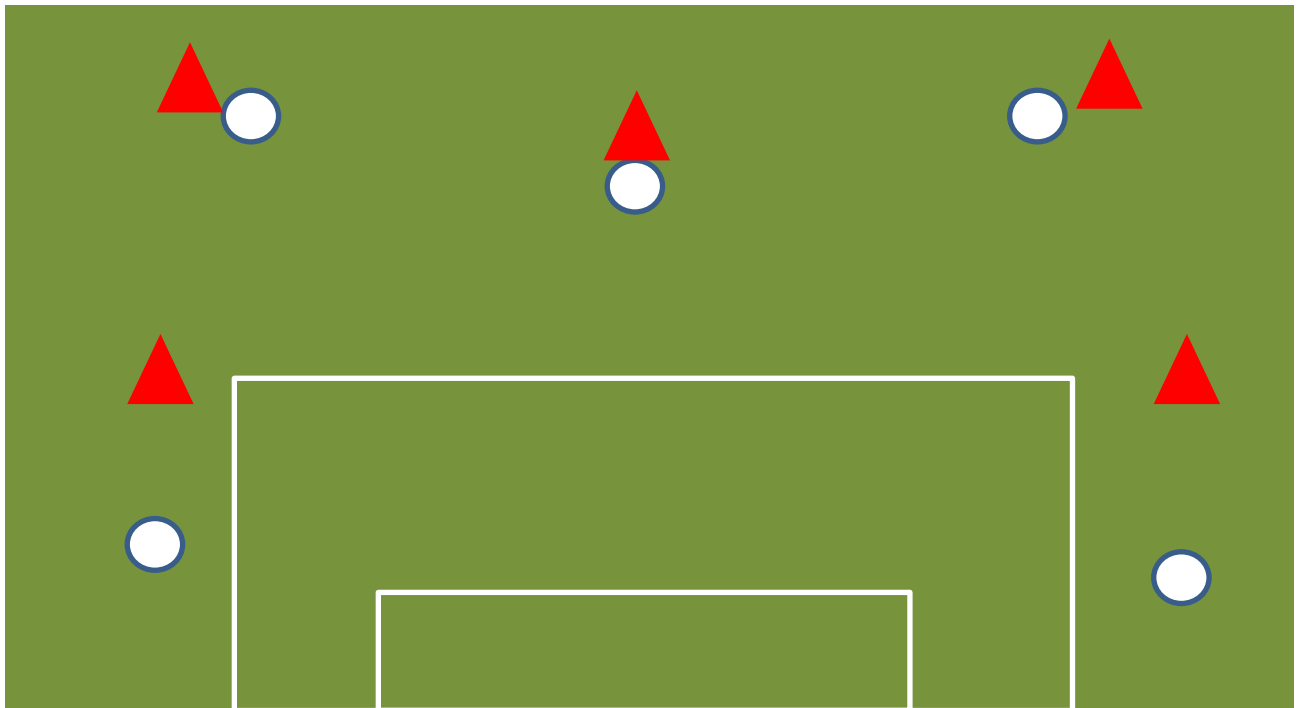
# Bellevue Soccer Club -- Training Session

P.O. Box 373 Bellevue NE 68005 | 402-292-3222 | BSCNEB.ORG

## Goal-kick Reference Guide



### Basic Goal-kick Setup

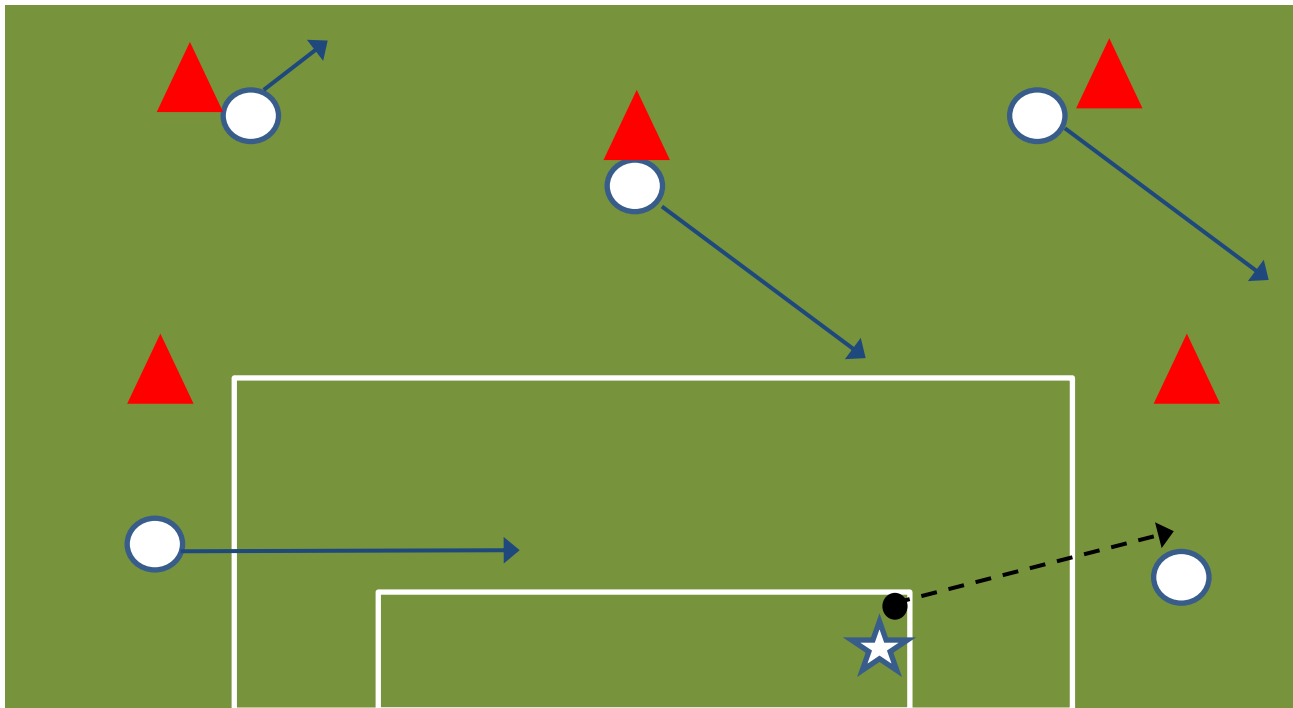


### Coaching Points

- Goalkeepers should take goal-kicks
- Defenders should be in flank – even with the soccer ball
- Forwards should be 5-8 yds. Inside of half-field
- Forwards should be ball-side and goal-side of their marking player
- Center player should place themselves so they can win ball if played to forward
- Encourage GKs to play to open player



## Situation #1

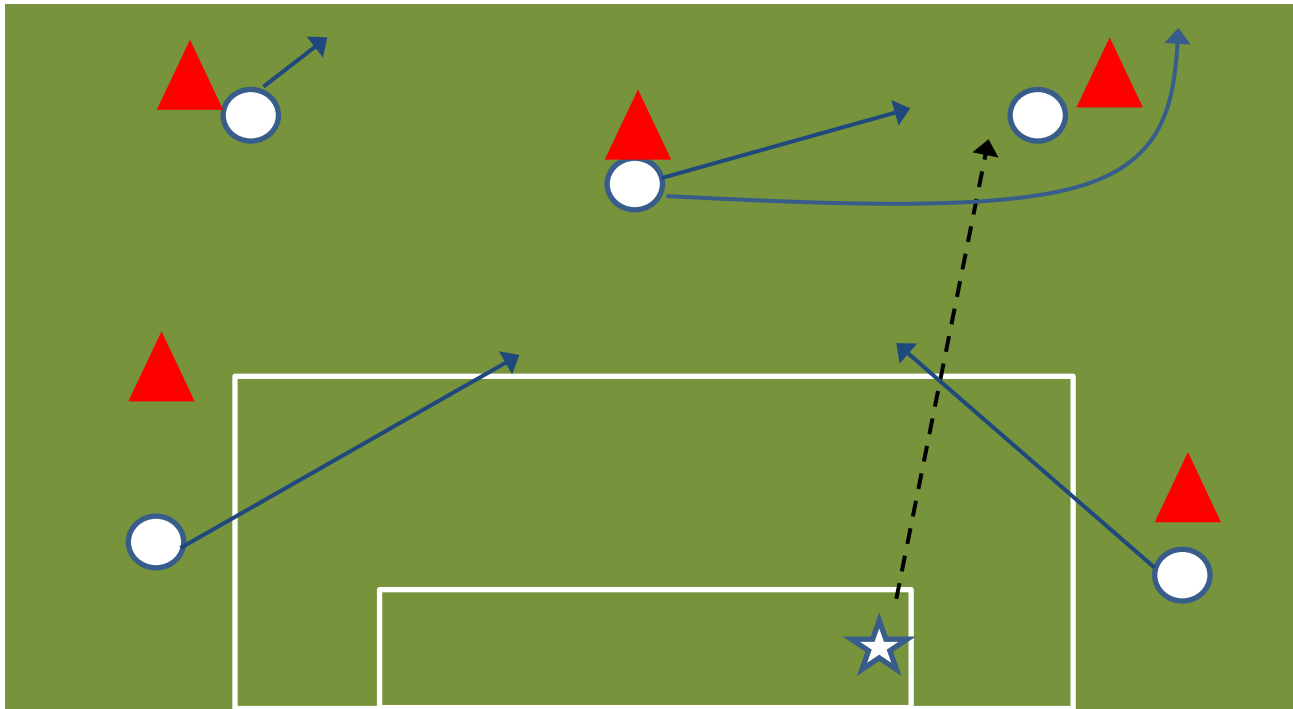


### Goal-kicks in basic setup

- Marking forwards (opposing team) are withdrawn from defenders.
- This setup will be most common at beginning of game/half.
- 1. GK plays ball to near defender.
- 2. Ball should be played to front foot of defender (they should not have to turn toward end-line to receive).
- 3. Defender should allow ball to cross body and receive with outside foot.
- 4. While ball is traveling players should be moving to supporting positions.
- 5. Passing options (in order of selection):
  - Same-side forward (do not play if marking player takes line away)
  - Center player (do not play if their marking player is ball-side)
  - Far-side forward (ball should be played through center circle)
  - GK (only play if eye contact can be made with GK)



## Situation #2



### Goal-kicks in modified setup

- Marking forwards (opposing team) are marked tight on defenders.
  - This setup will be an adjustment made during game (GK should recognize visual cues).
1. GK plays ball to near forward.
  2. Ball should be played inside of forward (they should not allow ball to run past them).
  3. If marking player stays on back, player should look to penetrate through middle channel.
  4. If marking player cuts off dribble, player should look to combine with central player (either wall pass or overlap).
  5. Passing options (in order of selection):
    - Other forward (do not play if marking player moves central)
    - Center player (do not play if their marking player is ball-side)
    - Far-side defender (ball should lead player away from their mark)
    - Near-side defender (ball should be played to feet)