

AS Physical Education
PPP – Skill Acquisition
Acquiring and performing movement skills

Sport: Football

Skill: Free-kick

Section A

1. The first step of a free kick is to stand with an open stance to decide where you are going to aim for. The player here will decide how much power is needed, how much height is needed and what kind of free kick is going to be performed. The player should also think about their position and the run up before the free kick, the timing of the run up is essential to the connection of the ball.
2. There are many different kinds of free-kicks that can be performed, so there are different coaching points for each one. For example when aiming for the top of the goal the player should be focusing on getting the right lift on the ball. This can be achieved by leaning back when striking the ball and by making contact under the centre of the ball. The player will have to make the correct judgment of how much they need to lean back and where to strike the ball depending on the distance they are shooting from. Another main focus is the supporting leg; the balance of the body during the kick is situated here and is important for accuracy and should be kept in the same position during the kick.

Section B

There are several activities that can be performed to improve a free kick:

- To improve a free kick or to pick up the basics of the free kick the player can stand at a short distance just outside the 18 yard box practicing the correct method for them. This way the player can improve their stance, method of kicking and accuracy. The player should remember to keep his eye on the ball up until contact with the ball to make sure they connect with the chosen part of the ball. The player can then alternate between different positions and larger distances when they feel more confident.
- When the player is more confident they can then put their practices into a more of a game type situation. For example an artificial wall can be placed in front of the position the player is shooting from, like shown below. The player will then have to find some way of overcoming the wall. The practice from the earlier phase will be essential as they should know how much power and height they need to get

passed the wall and into the goal. This can be done in two ways; the first is to clear the wall by hitting the ball with height, the player needs to lean back and strike the ball under the centre of the ball to do this. The player can also look to aim low and go around the wall this way. To do this the player must keep his head over the ball, time the run up so the desired foot strikes the ball in time with the run up as he would in the other free kick situation. The player must also make sure the none kicking foot is online with the ball so that the kicking leg can perform a full back swing and come forward to meet the ball, hitting the ball with the laces is usually the most effective way to drive the ball low and hard but if placement is wanted the player can use the side of the foot. This again like the first phases should be practiced and performed in different positions and distances, the wall should also be moved around.



- The final phase is an extension from the second phase. When the player is happy with their progress and has tried many positions and distances for both themselves and the wall they can move onto this phase. This is the same as the second phase but with a goal keeper, this makes it even more realistic and more of a game type situation. The player now has to think about their own position, where they are placing the ball, the wall's position and the goal keeper's position. This will make the player think more as they may have a position they can clear the wall but cannot beat the keeper or the opposite. When the player feels comfortable on a position where the free kick they should move the wall and go in different positions and change the keeps position. This final stage will be the final preparation before the player would be able to perform a free kick confidently , this final stage will help the player a lot in a game situation as it basically is what they will be doing in a real match.