



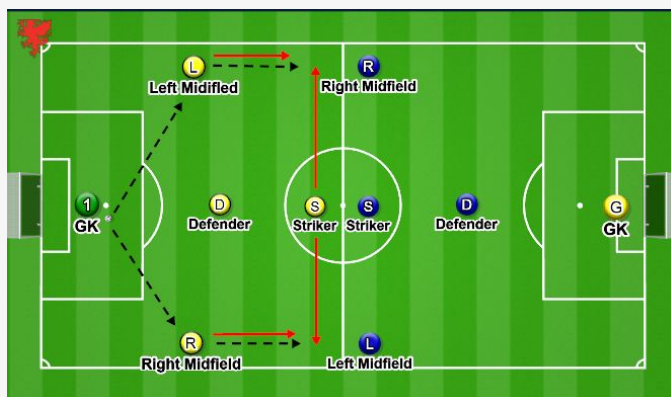
## Kick Off



## Goal Kick

### Goal Kick (In possession)

- 2 midfielders split and position themselves out wide
- Defender takes a central position
- Striker positions themselves high up the pitch
- Keepers must position the ball centrally and on the edge of the area
- They must also wait until the opposition have fully retreated to the halfway line
- Goalkeepers plays into one of the midfielders
- Important that the midfielders are on the half turn and can see 3 corners of the pitch when receiving the ball
- They are encouraged to receive the ball on their back foot
- The player then looks to move into the space out wide, or look for a pass up to the striker
- The striker will have started in a central position, but will move to the side of the ball and create an option for the midfielder to pass to
- The opposite midfielder immediately tucks inside if they did not receive the ball



### Goal Kick (Out of possession)

- Midfielders and striker, spread out across the halfway and look to press as soon as the goal kick has been taken
- The player nearest to the ball is the one that applies the pressure on the receiving midfielder
- Defender sits centrally and a little deeper than the rest of the team
- How quickly can the defending team win the ball back