

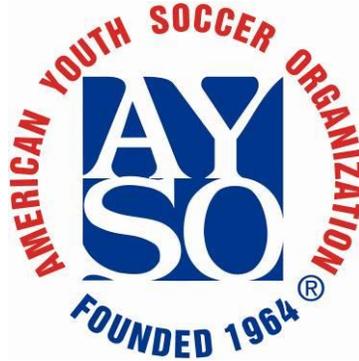
AYSO Program: Referee
Lead Instructor: Advanced Referee
Instructor

Free Kicks and Restarts

Latest Revision Date: 10/09/2016

Length: 1 ½ hours

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Change History	
August 1, 2008	Lesson Plan First Developed
November 1, 2011	Updated with minor changes
February 20, 2012	Minor Update
October 1, 2012	Updated
August 5, 2013	Reviewed
October 13, 2013	Customer Service Pod Added
September 17, 2014	CSP removed and minor changes
October 2016	Reviewed

1. DESCRIPTION

This workshop provides the referee with additional information beyond that contained in the Basic Referee Course on proper referee positioning and match management during free kicks and other restarts.

2. GOALS

- A. Provide solid reinforcement of recommended referee positioning for free kicks and other restarts
- B. Present the referee with information for alternate positioning for free kicks and other restarts
- C. Increase the knowledge of the referee regarding techniques to better manage free kicks and other restarts

3. PREREQUISITES

There are no formal prerequisites. The material will be relatively new for less experienced referees and a review for more experienced referees officiating U-10 and above games..

4. STUDENT MATERIALS

None

SPECIAL INSTRUCTOR NOTE: Plan to print out or have printed out any handout materials you may need for your Workshop.

5. INSTRUCTOR EQUIPMENT AND MATERIALS

- A. PowerPoint presentation
- B. Computer and Projector, including appropriate cables

6. INSTRUCTOR NOTES

It is important to identify the experience of the referees participating in the workshop. After this is done, the instructor should tailor the presentation to the predominant experience level as outlined in the body of the lesson plan.

7. ATTACHMENTS

None

LESSON PLAN

I. INTRODUCTION

- A. Introduce self and co-instructors
- B. Introduce topic
- C. Determine the experience of referees and be prepared to modify the presentation according to the level of the audience.

Note to instructors: The body, content and depth of the lesson plan should be adjusted based on the experience of the attendees. The following general guidelines should be used to determine the priority of discussion to be emphasized:

If experience is low, emphasis should be place in the following order:

- 1) Recommended position on kick off.
- 2) Recommended position on throw in.
- 3) Recommended position on goal kicks.
- 4) Recommended position on corner kicks.
- 5) Recommended position on free kicks.
- 6) Simple techniques for managing the wall on free kicks.
- 7) Position on penalty kicks.

If experience is medium, emphasis should be place in the following order:

- 1) Brief interactive review of recommended positions on kick off, throw in and goal kicks.
- 2) Recommended position on free kicks and discussion of alternate positions.
- 3) Positioning and communications to assist in managing free kicks and other restarts.
- 4) Management of the wall on free kicks.
- 5) Alternate positions on corner kicks.

If the experience is high, emphasis should be place in the following order:

- 1) Brief interactive review of recommended positions for restarts and brief discussion of alternate positions.
- 2) Managing the wall on free kicks with emphasis on maintaining the required distance and delaying the restart of play.
- 3) Managing all phases of corner kicks.
- 4) Summary of duties during penalty kicks and kicks from the penalty mark.

Regardless of experience level, instruct interactively. However, maintain control of time and make certain that any inconsistencies or inaccuracies in information are properly corrected.

II. BODY

- A. Many restarts, especially free kicks and corner kicks, are often tense with a high probability for scoring.
1. Proper positioning will allow the referee to anticipate play.
 2. Effective management of the restart can result in:
 - a. Reduction of tension.
 - b. Identification and effectively selling calls for fouls and misconduct.

Note to instructors: Make every effort to use alternate methods of presenting information: (i) guided participation, (ii) breaking the attendees into small groups and allowing them to discuss alternative positioning and management of free kicks and other restarts. After the discussion each group can present one or more of their options to the entire group. Make certain that the proper positions as well as meaningful alternatives are presented. Group demonstration works well here.

- B. Proper positioning on restarts.
1. Position for both ball-in-play and ball-out-of-play situations should be covered, using the PowerPoint slide presentation

Note to instructor: Pay attention to the slide notes. Many of the slides use animation to identify the referee and/or AR position. Review animations in advance so that you know when to start/stop and ask questions.

- a. The Diagonal System of Control basics
 - b. Kick off
 - c. Goal kick
 - d. Goalkeeper punt
 - e. Apparent goal scored
 - f. Uncertain goal
2. Recommended positions that are acceptable in most situations.
 3. Alternate positions are used when
 - a. Tactical conditions dictate.
 - b. Weather conditions affect play.
 - c. Style of play require alternate positions.
 - d. Field conditions require alternate positions – Reverse Diagonal.
 4. Emphasize that the best position is any position where the referee can make the right decision in a timely manner and can effectively 'sell' the call.
- C. Discuss management of the wall in free kick situations near the goal with emphasis on the following aspects:
1. Proper referee positioning
 - a. Able to cover wall and kick

- b. Responsibility of AR covering either the goal or offside (usually offside)
 - c. Emphasize that, on free kicks near the goal, the referee and AR must carefully share their customary three coverage responsibilities: ball out of play, fouls, and offside. These responsibilities should be covered in the pregame conference.
2. Referee management of the wall
 - a. Verbal instructions
 - b. Movement to proper location—"First brick in the wall"
 - c. Keep wall and ball in sight at all times
 - d. Mark proper distance-estimate; do not march off
 3. Positioning of the referee for the anticipated next zone of play (often called the drop zone).
 4. Ceremonial restart using the whistle
 5. Dealing with misconduct (what, when, how) if necessary for:
 - a. Delaying the restart
 - b. Failing to respect the required distance
- D. Discuss management of the corner kick with emphasis on the following:
1. Don't "ball watch" as the referee. Focus on the drop zone.
 2. A corner kick is a high-risk situation a likely goal-scoring opportunity.
 3. Remind attendees that there can be no fouls before the kick is taken (e.g., for contact in the penalty area), only misconduct.
 4. Actions on which the referee should focus:
 - a. Players positioning themselves to prepare for the kick
 - i. Be alert for misconduct, typically either unsporting behavior by pushing or holding opponents or delaying restart by kicking the ball away.
 - ii. Manage by referee presence (position) and general verbal instructions such as "Don't push", "Keep away from the 'keeper", etc.
 - b. Player positioning in the moments preceding the taking of the kick:
 - i. Watch for misconduct, typically unsporting behavior by pushing and holding to disrupt an opponent or obtain the desired position.
 - ii. Manage by varying referee position and moving toward problem areas. Verbal comments may be player specific such as, "#4 don't push", "#6 watch the elbows", etc.
 - c. Player actions immediately after the ball is kicked:
 - i. Fouls may now be committed.
 - ii. Look for:
 - (a) Offensive fouls, such as pushing to gain position or holding by using opponents shoulder to gain height.
 - (b) Defensive fouls, such as holding to deny movement or jumping at opponents.

- d. Referee must be prepared to move quickly for a counter-attack if the defenders gain possession of the ball. Anticipation is essential.
- E. Discuss management of penalty kicks and kicks from the penalty mark using PowerPoint slides 14–15.

Note to Instructors: Emphasis should be on referee and assistant referee positioning and management of these situations. Attempt to avoid lengthy discussions on infringements and sanctions, injuries or other mechanical matters.

1. Show recommended referee positions (highlighted with animation on the PowerPoint slides). Explain the importance of these positions.
2. Summarize the conditions that must be present before the penalty kick
 - a. Ball must be placed on the penalty mark.
 - b. Player taking the kick must be identified.
 - c. Defending goalkeeper must remain on the goal line, facing the kicker, between the goalposts until the ball has been kicked.
 - i. Elaborate if necessary on the meaning of “on the goal line” and remind class about trivial infringements.
 - d. Players other than the kicker must be located:
 - i. Inside the field of play.
 - ii. Outside the penalty area.
 - iii. Behind the penalty mark.
 - iv. At least 10 yards from the penalty mark.
3. Kicks from the penalty mark
 - a. Review procedures
 - i. Referee selects goal allowing conditions to be advantageous to the goalkeepers, not to the kickers.
 - ii. Coin toss: team who wins chooses whether to kick first or second.
 - iii. Only players on the field when normal play ended may participate.
 - iv. Reduce to equate before first kick is taken (and not thereafter).
 - v. All players except goalkeepers must remain in the center circle.
 - vi. Location of goalkeeper when not defending goal (on slide).
 - b. Discuss in detail duties of referee and assistant referees as well as their positioning and signaling.
 - i. Goalkeeper infraction.
 - ii. Kicker infraction.

III. CONCLUSION

- A. Review material presented
- Confirm learning through questioning