

TIPS FOR COACHES

Players (and coaches) need to understand the rules and know the signals that referees use during games.

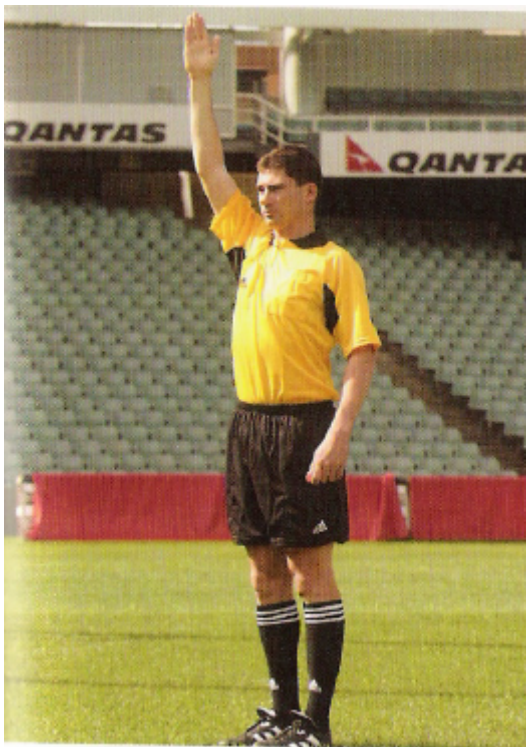
Quite often players ask the referee, "Ref, is it a direct or indirect free kick?"
If players know the hand signals that referees use, they do not need to ask this question.

HAND SIGNALS

If the referee blows the whistle for a free kick and holds his hand up in the air, then it is an indirect free kick.

If the hand is horizontal, then it is a direct free kick.

Therefore –
HAND UP = INDIRECT
HAND HORIZONTAL = DIRECT



INDIRECT FREE KICK
Hand is up and referee is looking towards the direction of the kick to be taken.



DIRECT FREE KICK
Hand is horizontal and referee is pointing towards the direction of the kick to be taken.

There are ten fouls and misconducts that a **direct free kick** is awarded for, according to Law 12 of the FIFA Laws of the Game.

If a player commits any of the following six offences in a manner considered by the referee to be careless, reckless or using excessive force -

1. Kick or attempt to kick an opponent
2. Trip or attempt to trip an opponent
3. Jump at an opponent
4. Charge an opponent
5. Strike or attempt to strike an opponent
6. Push an opponent

If a player commits any of the following four offences –

1. Holds an opponent
2. Spits at an opponent
3. Handles the ball deliberately
4. When tackling an opponent for the ball, making contact with the opponent before touching the ball.

To make it easier to remember, these ten offences can be summarised as follows –

HAND	FOOT	BODY
STRIKE	KICK	HEAVY BODY CHARGE
PUSH	TRIP	SPIT AT
HOLD	JUMP AT	
HANDLE BALL	CONTACT WITH OPPONENT BEFORE BALL	

INDIRECT FREE KICKS

Indirect free kicks are awarded **against the goalkeeper** in his own penalty area, if the goalkeeper commits any of the following offences –

1. Takes more than 6 seconds while controlling the ball with his hands before releasing it,
2. Touches the ball again with his hands after it has been released and has not touched any other player,
3. Touches the ball with his hands after it has been deliberately kicked to him by a team mate,
4. Touches the ball with his hands after he has received it directly from a throw-in taken by a team mate.

Indirect free kicks are awarded **to the opposing team** if a player –

1. Plays in a dangerous manner
2. Impedes the progress of an opponent (obstruction)
3. Prevents the goalkeeper from releasing the ball
4. Commits any other offence for which play is stopped to caution or dismiss a player (eg – a player verbally abuses another player – offending player is cautioned {yellow card} and play restarted with indirect free kick).

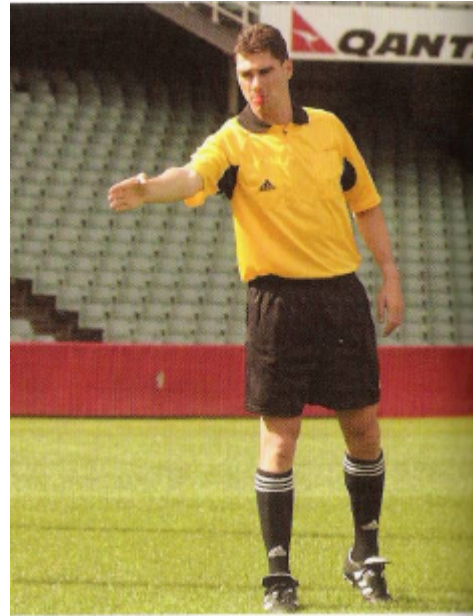
Also, an indirect free kick is awarded to the defending team when the attacking team commits an offside infringement.

OTHER SIGNALS USED BY REFEREES



ADVANTAGE, PLAY ON

Referees use this signal to indicate advantage given to the team in possession of the ball, even though a foul may have been committed against that team.



GOAL KICK, CORNER KICK, PENALTY KICK, KICK-OFF

Referees use this signal to indicate the method of re-start of play. In this case, the referee would point the hand towards the appropriate location.

Notes

1. Goal kicks, corner kicks, penalty kicks and kick-offs are all forms of direct free kicks; which means, a goal can be scored directly from these kicks.
2. A goal **cannot** be scored from a goal kick if the ball is directly kicked into the kicker's own goal. Play is restarted with a corner kick against the kicker.

SUMMARY & COACHING TIPS

Coaches need to emphasise to their players the following points –

Goalkeeper

Do not pick the ball up if it is intentionally kicked to you by a team mate.

Do not pick the ball up if it is intentionally thrown to you from a throw-in by your own team mate.

Once you have control of the ball (in your hands), release it within 6 seconds.

Once you have control of the ball (in your hands), do not release it and pick it up again (eg, do not bounce it on the ground, etc).

Players & Goalkeeper

A goal cannot be scored directly from an indirect free kick.

HAND UP = INDIRECT

HAND HORIZONTAL = DIRECT

DISCLAIMER :- The instructions in this newsletter are for general information only and are not intended to misinterpret the laws of the game. For further information, please refer to the FIFA Laws of the Game booklet, 2007 edition. Photos reproduced with kind permission of Football Australia.