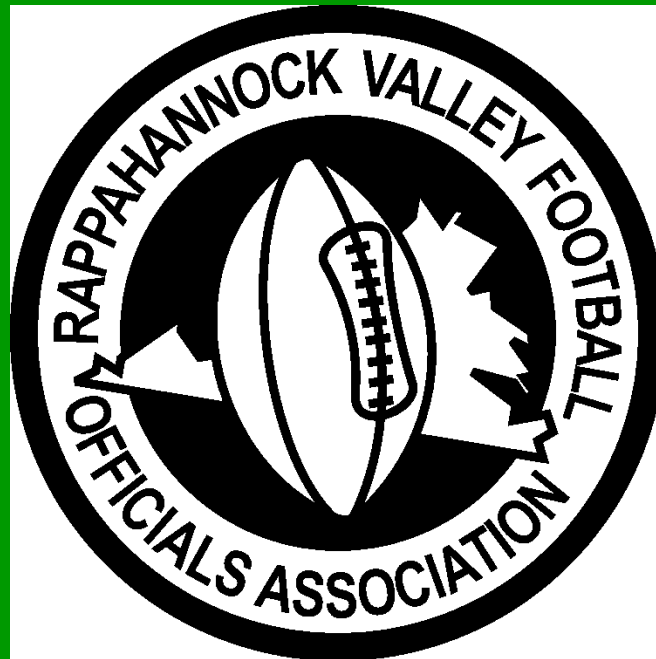
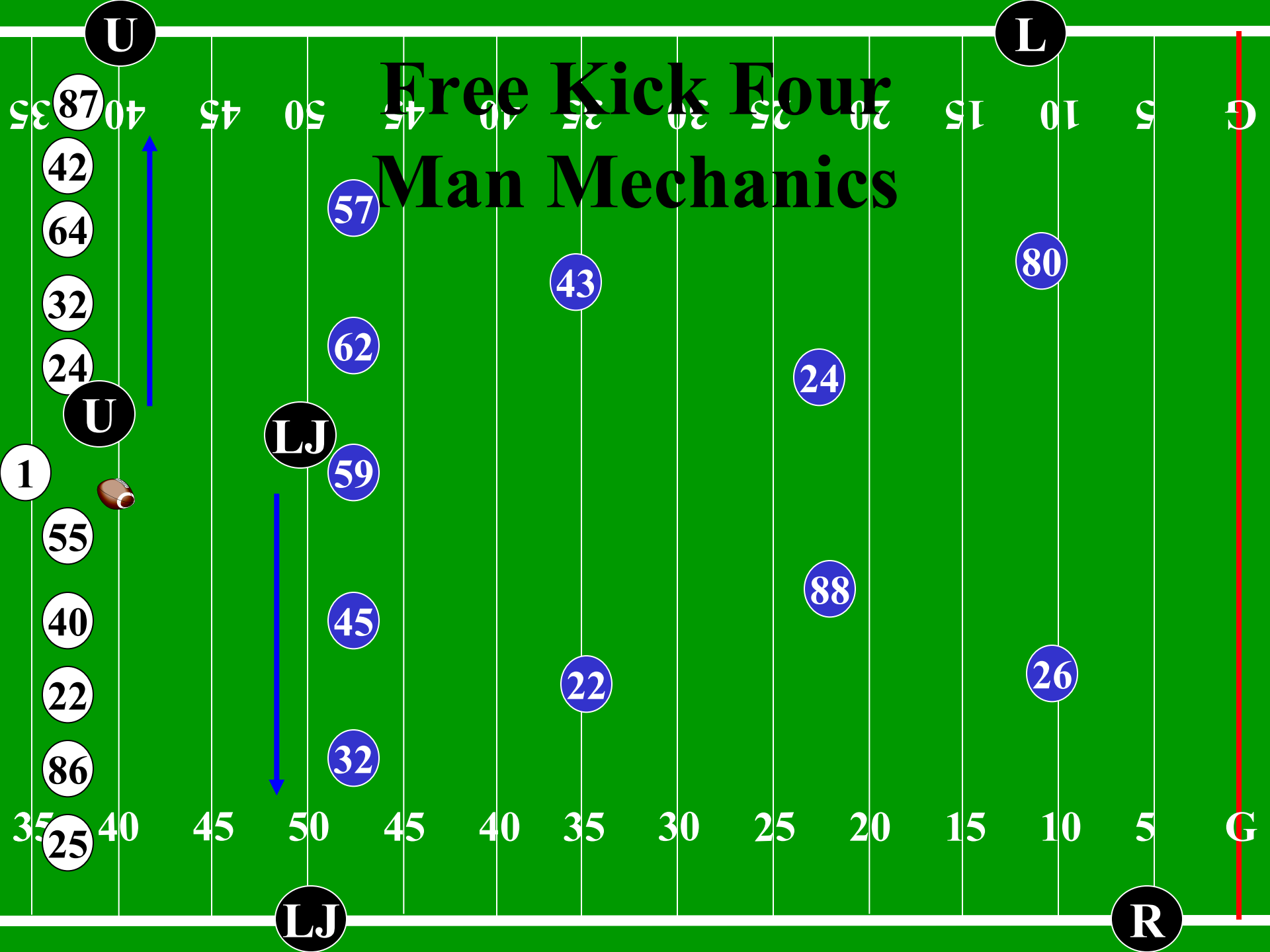


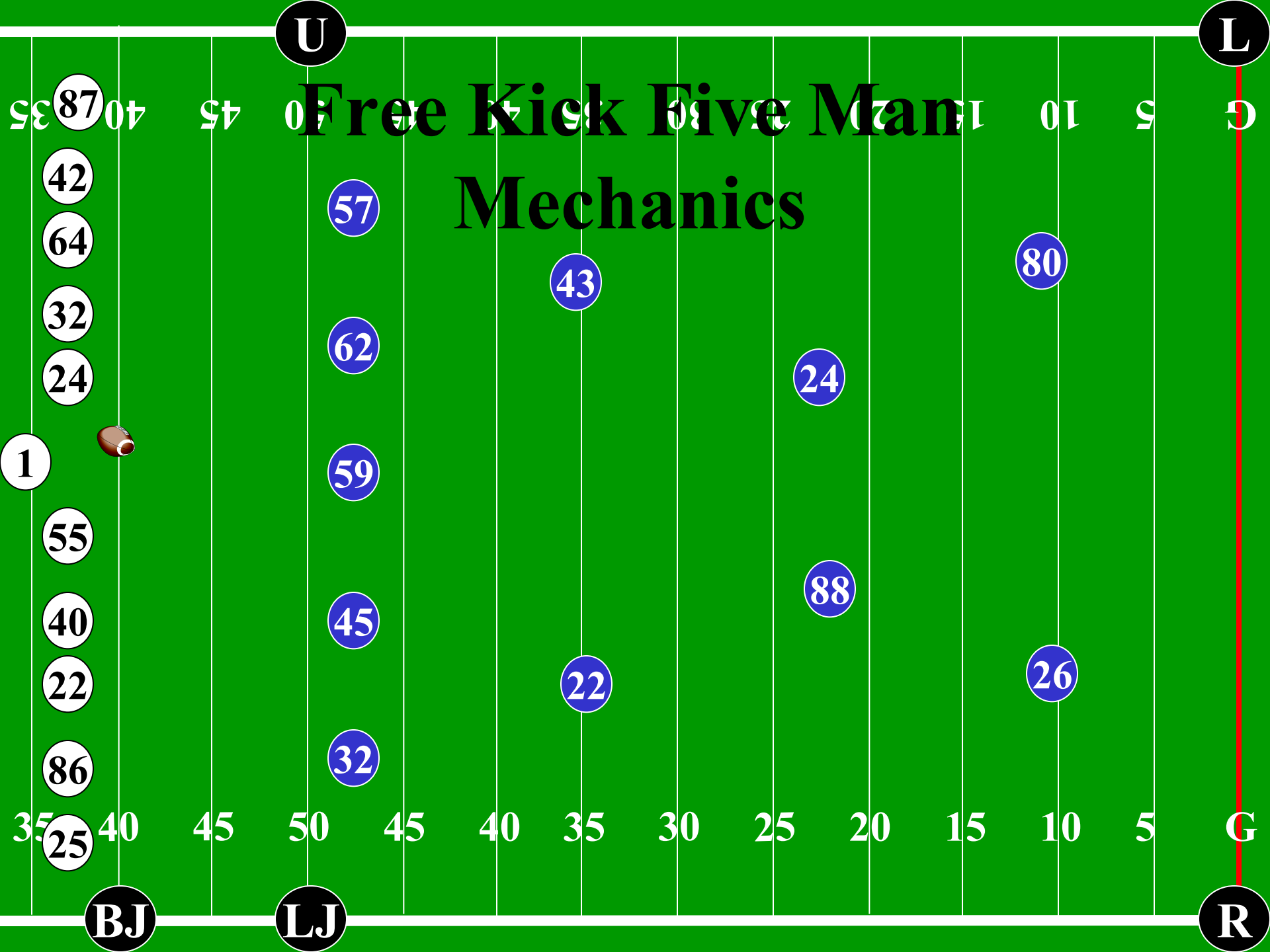
# Rappahannock Valley Football Officials Association

Free Kick Mechanics – Review 2018

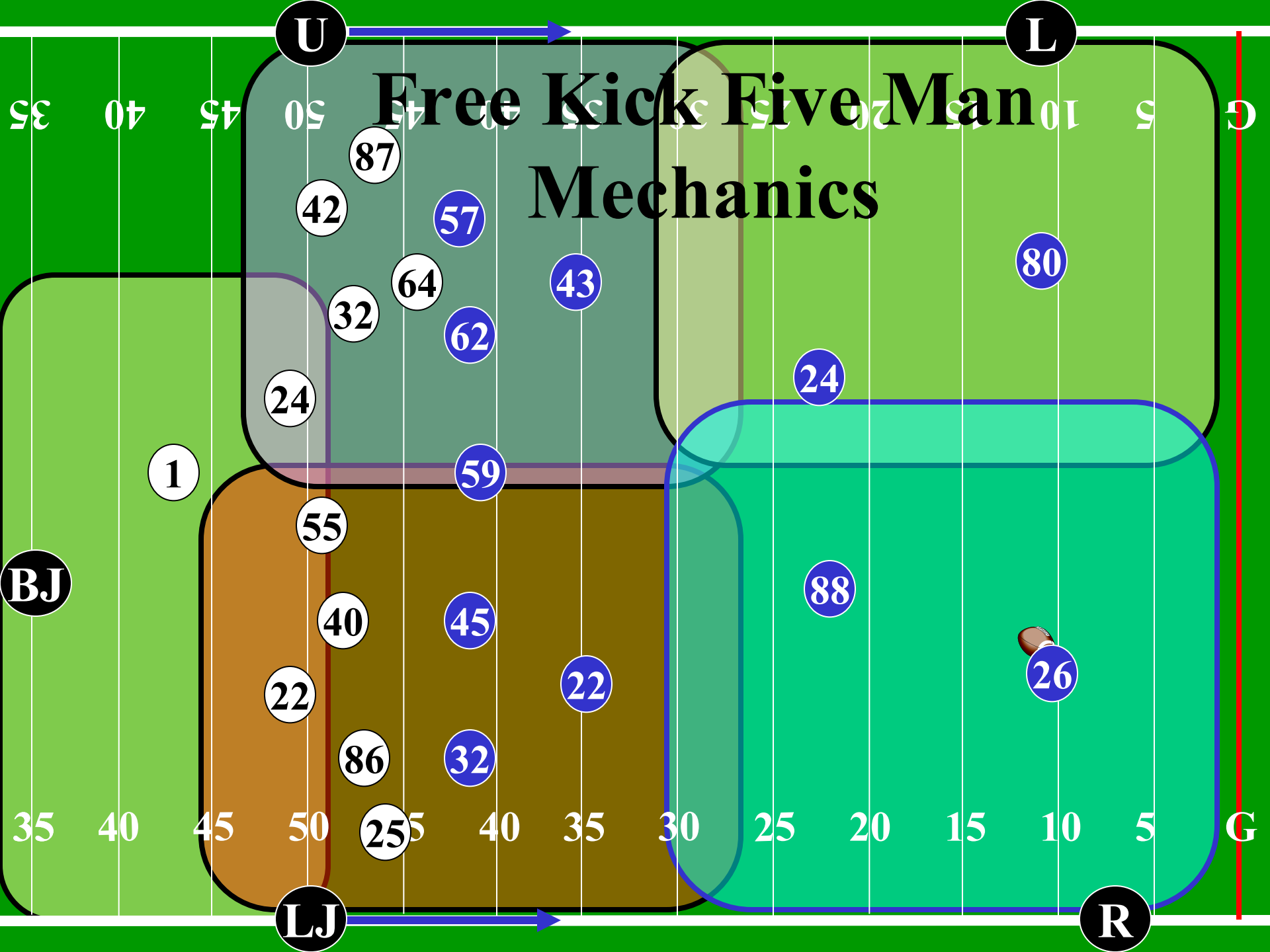


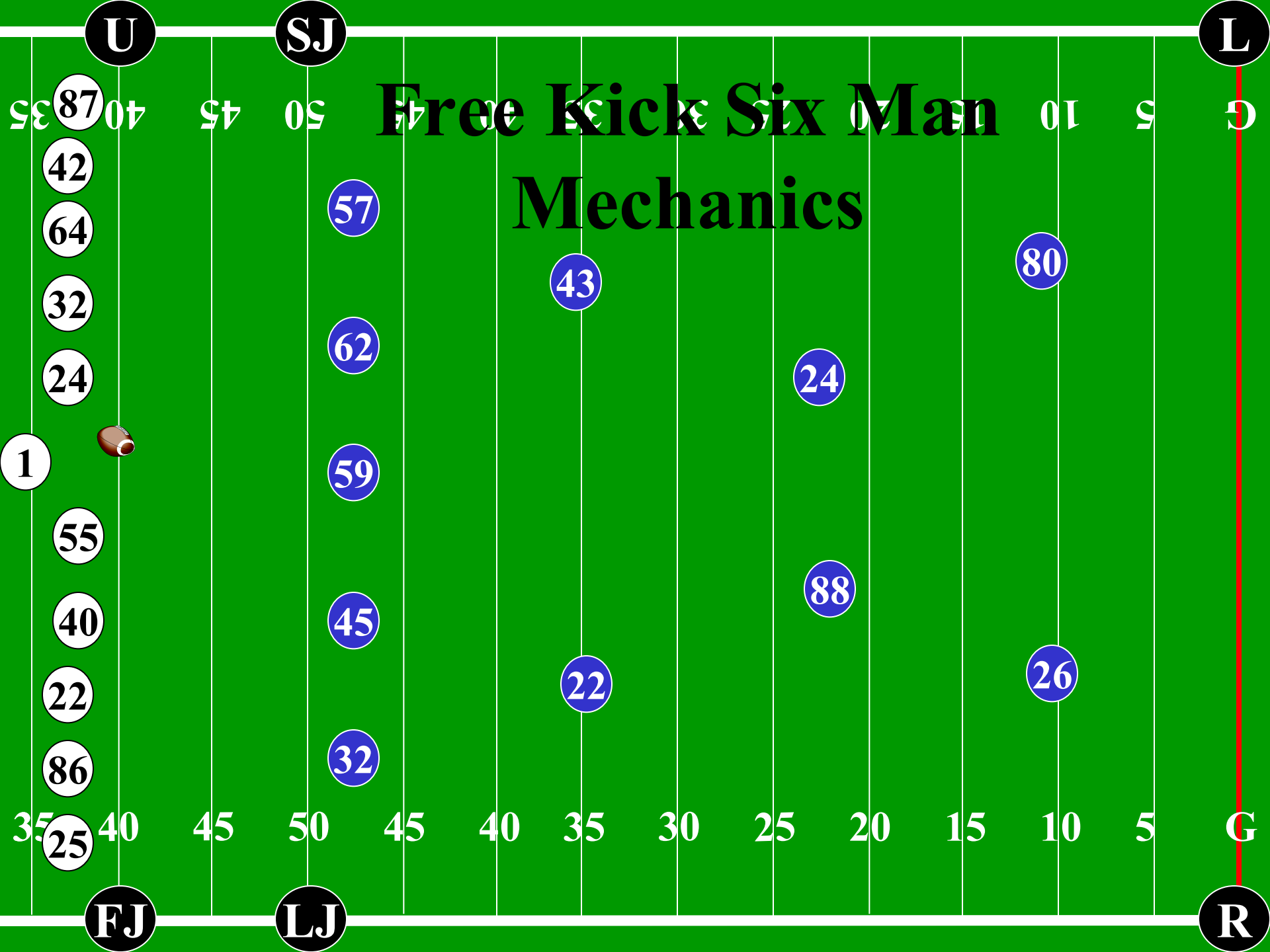
# Free Kick Four Man Mechanics

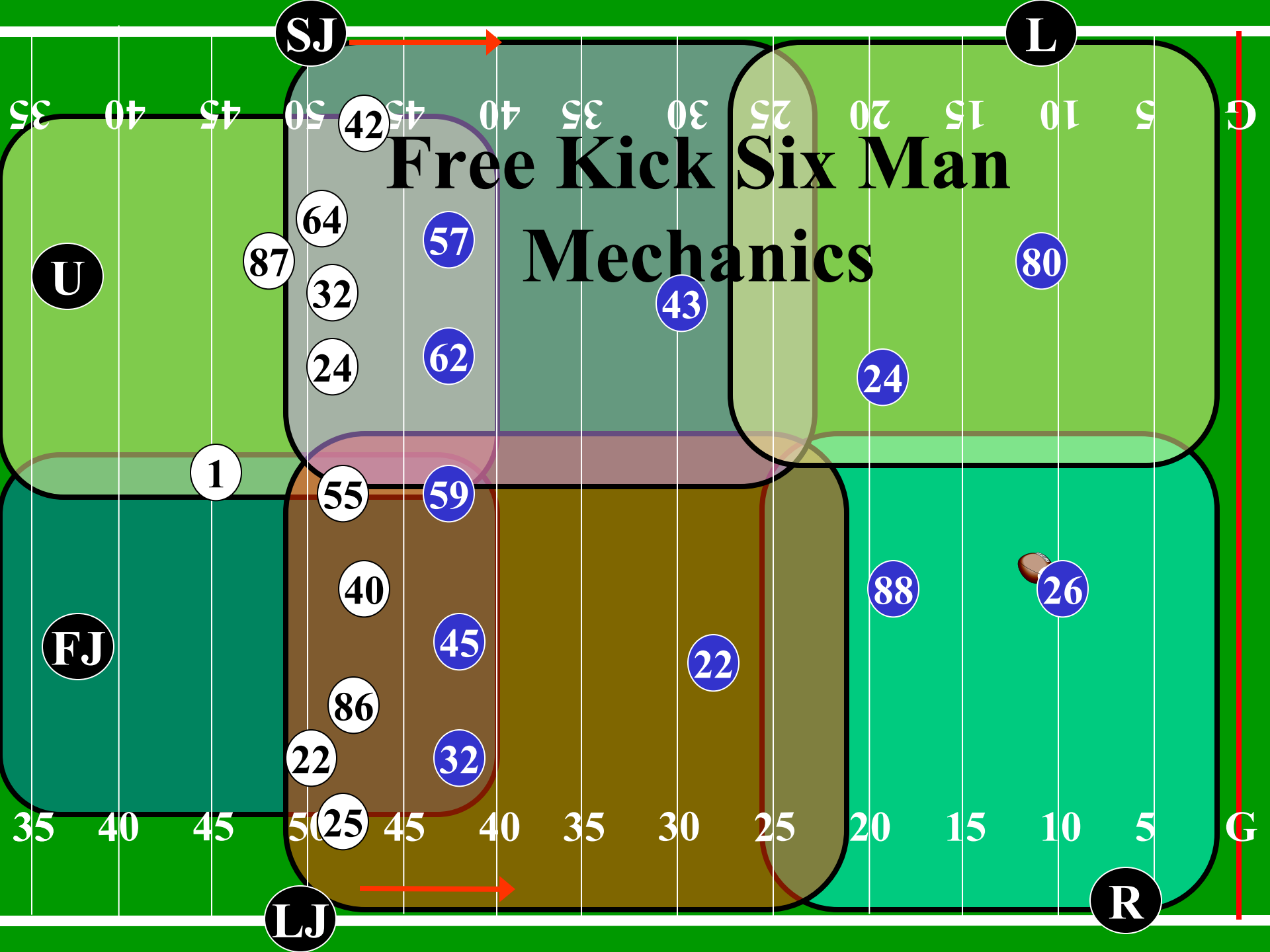




# Free Kick Five Man Mechanics







**SJ**

**L**

# Free Kick Six Man Mechanics

**U**

**FJ**

**LJ**

**R**

G

G

42

64

87

32

24

1

55

40

86

22

25

57

62

59

45

32

43

22

24

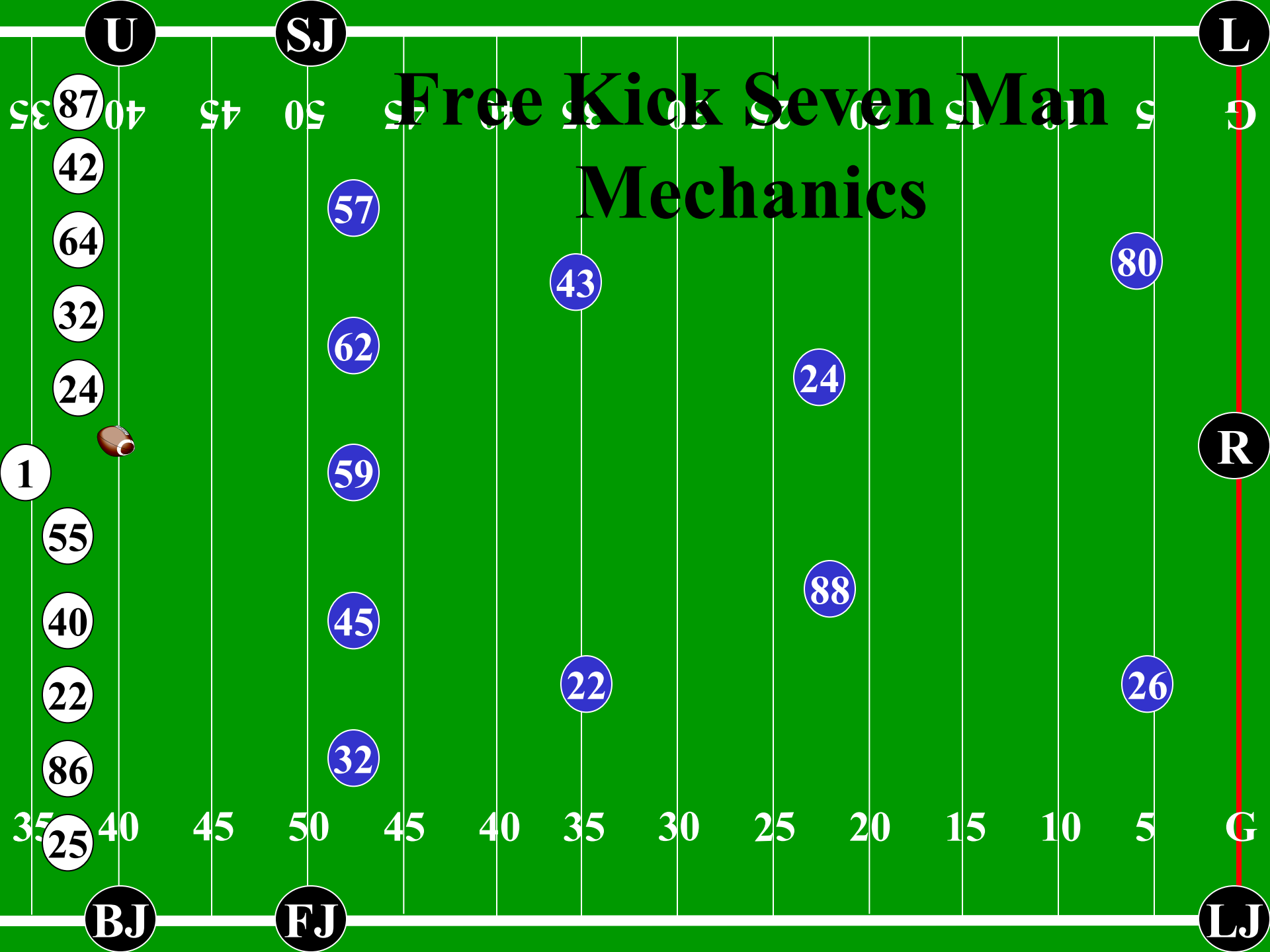
88

80

26



# Free Kick Seven Man Mechanics



**SJ**

**L**

# Free Kick Seven Man Mechanics

**U**

**BJ**

**R**

**FJ**

**LJ**

