A goal kick is a method of restarting play in a game of soccer. If the attacking team last touched the ball before it fully crossed over the end line on the ground or in the air, a goal kick is awarded to the defending team.

Players must keep the following rules in mind when taking a goal kick:

* The ball can be kicked from anywhere within the goal area by a player of the defending team, including the goalkeeper
* All other players must remain outside of the penalty area until the ball is in play
* The ball is in play when it is kicked directly out of the penalty area
* If the ball is not kicked directly out of the penalty area, the kick is retaken

If the player who took the goal kick touches the ball before it has been touched by another player, an [indirect kick](http://www.sidelinesoccer.com/direct-vs-indirect-kick) is awarded to the opposing team from the spot where the infringement occurred.

A goal can be scored directly from a goal kick, but only against the opposing team.