

The invention relates to a friction plug welding method for a hole in a metal part, opening out onto a front surface and a back surface of the part, in which a rotational metal bar is inserted into the hole, on its front side, to be friction welded. The method according to the invention is characterised in that a restraint part, comprising a cavity, is placed on the back side of the part during friction welding. The method according to the invention authorises the welding of fast softening materials whilst ensuring a support for the weld mix.