

SET PLAYS #1

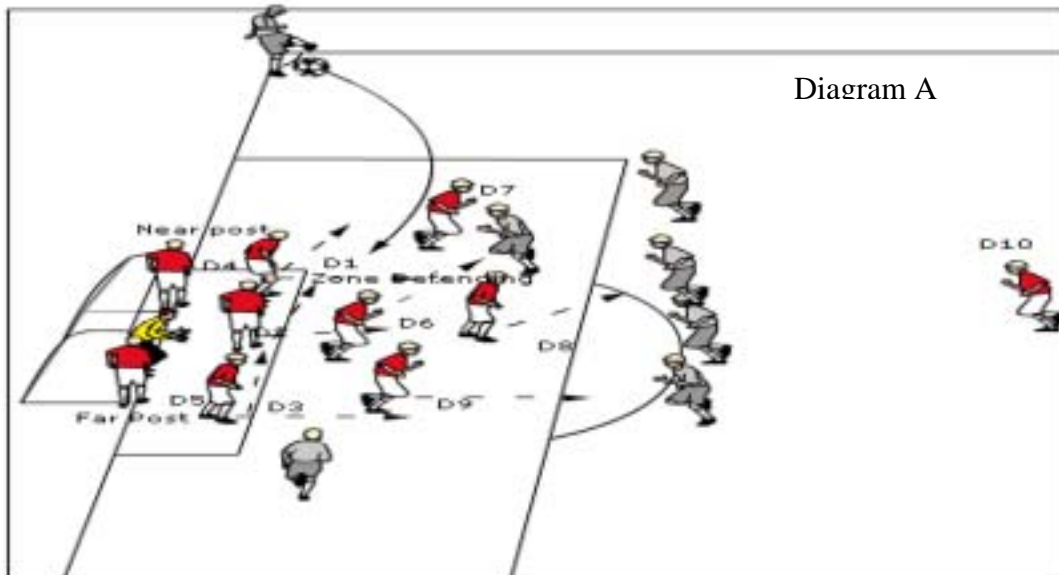
Set Plays are sometimes referred to as Set Pieces or Starts and Restarts. While there are many Set Plays the following will assist team in defending against Set Plays and performing some of their own attacking Set Plays that may result in goals or goal scoring opportunities:

- Defending Corners;
- Attacking Corners;
- Throw-ins.

FACTORS TO CONSIDER IN SUCCESFUL SET PLAYS

1. Not all Set Plays result in scoring a goal or preventing a goal.
2. Discipline and Organization is paramount to successful Set Plays.
3. All players must “buy into” the Set Plays of their team.
4. Courage and good heading skills are essential.
5. Practice, Practice, & more Practice is required to perfect Set Plays, and
6. Intelligence is a major factor in the execution of Set Plays.
7. Be creative
8. Throw to feet

DEFENDING CORNERS – COMBINATION ZONAL & MAN TO MAN



Set-up

- One player defends inside of the near post (D4) and inside of the far post (D5)
- D1, D2, & D3 take up positions about 1M inside of the 6 yd box. D1 & D3 position themselves opposite the near and far posts while D2 takes up a position slightly back of D1 & D2 and slightly closer to D3 than to D1.
- D6, 7, 8, & 9 take up positions to track attacking players as they enter the 18-yard box.
- D1 stays high to keep the attacking teams defenders from attacking and for a counter attack.

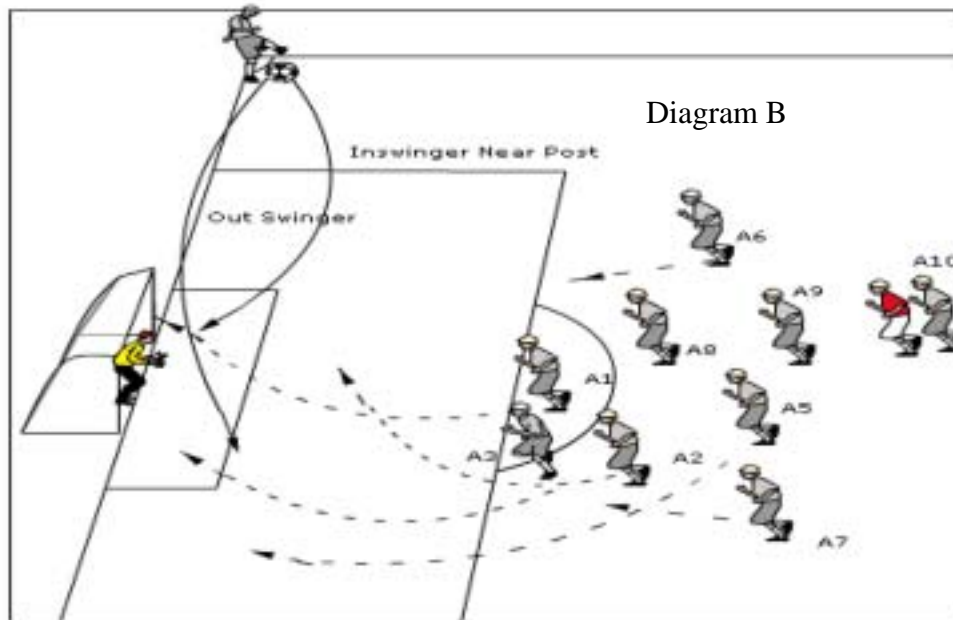
Execution

- D4 & D5 stay on the posts to protect the goal while the GK plays the incoming corner. They do “not” leave their goal area until the GK yells for them to get “OUT”.
- D1 covers the area in front of him/her and ball hunts.
- D2 ball hunts and covers the area behind D1.
- D3 ball hunts and covers the area behind D2.
- D6 through D9 pick up attacking players and track these players until the ball has been safely cleared.
- All balls cleared by the defending team should be “Wide and Far”.
- D10 ensures that any ball cleared by the defending team is not played back in by defenders while looking to counterattack in transition.

Coaching Focus

- Defenders must attack the ball.
- Pick up attacking runners as soon as possible.
- Prevent second shots (second ball).
- Look to counterattack as soon as you win the ball.

ATTACKING CORNERS - INSWINGERS & OUTSWINGERS



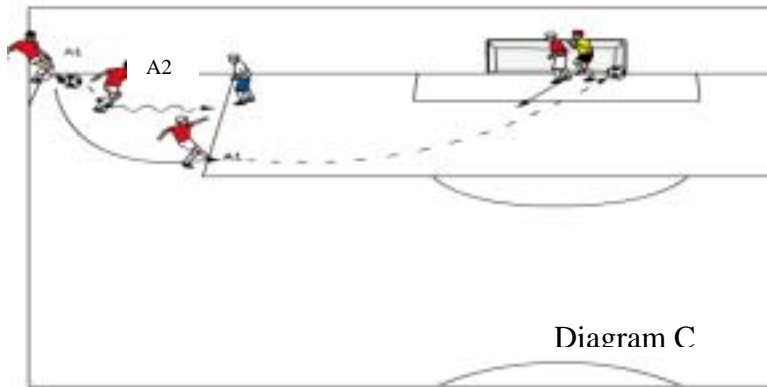
Set-up

- Players must attack the 3 prime scoring areas of Near Post, Far Post & Central area near the penalty spot.
- Players must know prior to the kick what type of corner will be played (prearranged signals etc.) and where each player will run.
- An attacking player may also be assigned to stand in front of the GK (See Diagram C)

Execution

- Attackers must attack near, far and central (A1, A2 & A3) while A4 supports wide to play any balls that are deflected or played wide.
- Attackers A6, A7 & A8 look for 2nd ball and shooting opportunities around the 18 yd box.
- A10 marks the defending forward who is playing high is hopes of a counterattack.
- A9 ensures that any balls played to the defending forward are intercepted and to provide cover for A10 if clearing balls by the defending provides a counterattack.

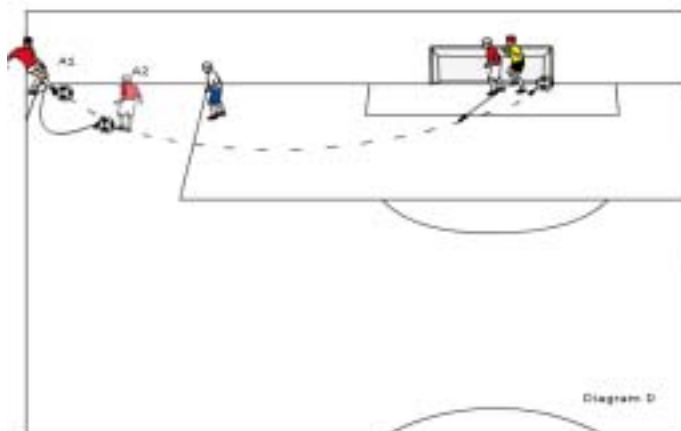
OVERLAP



Execution

1. Two attackers stand 2-3 metres apart.
2. Player A1 plays the ball to A2 who dribbles toward the defender standing 10 yards away
3. At the last minute, A2 passes to A1 who has overlapped A2.
4. A1 shoots at goal aiming for the far post to create better opportunities if the first shot does not score.

PASS, STOP & SHOOT



Setup

- Same setup as Diagram B but 2 players are involved in taking the corner.
- In addition, an attacking player has been assigned to disrupt the GK by standing in front of him/her. These players must be careful not to interfere with the GK once the ball has been kicked. Immediately after the ball is kicked this player should run to the top of the 6-yard box, turn towards goal and look for rebounds or 2nd ball.

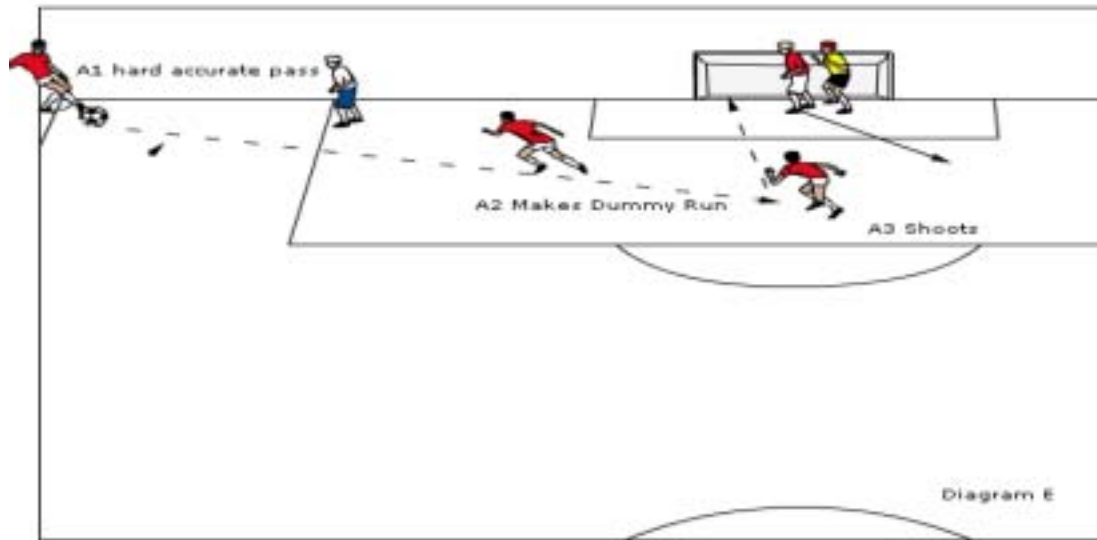
Setup

- Similar to Diagram C with 2 attacking players 2-3 metres apart.

Execution

- Player A1 passes to A2 who stops the ball under control.
- Player A1 continues his/her run and crosses the ball at goal from a less acute angle.
- This also works well with smaller/younger players who cannot cross the ball to goal area.

DUMMY RUN



Setup

- Similar setup as Diagram D
- A3 lines up at some distance behind A2 just inside the 18 yard box

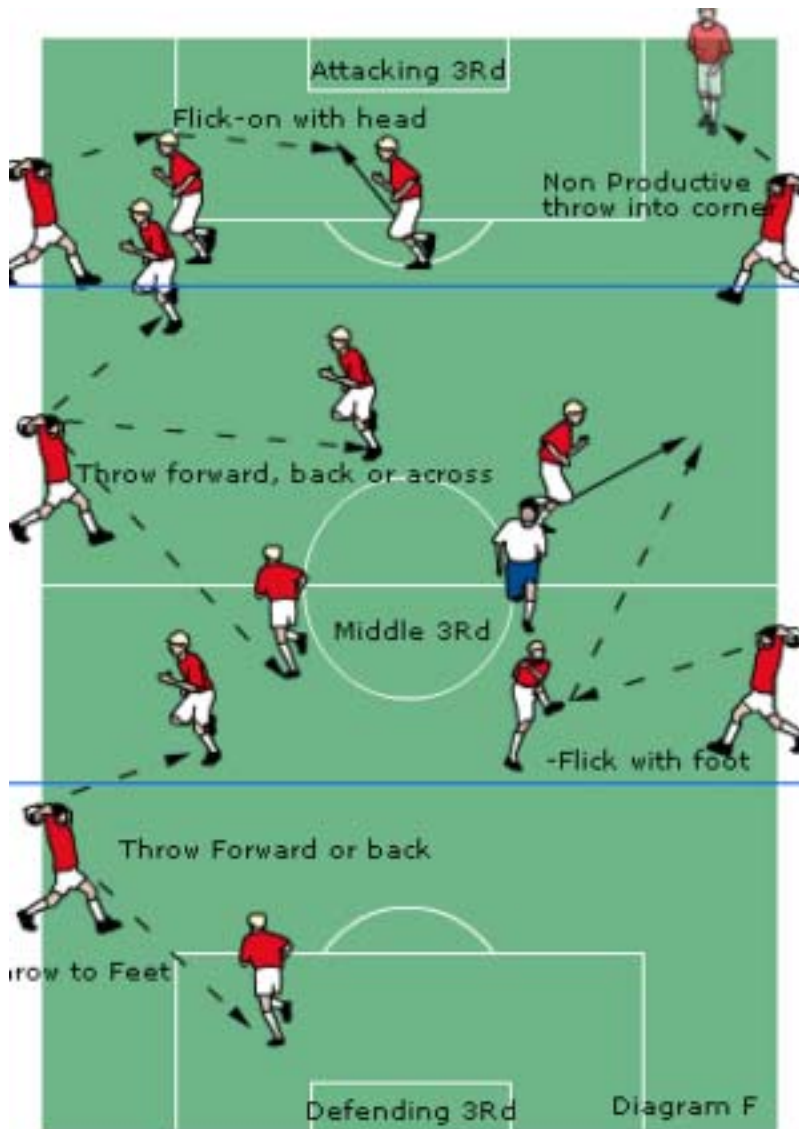
Execution

- A2 makes a convincing Dummy Run towards A1 while calling for the ball
- A2 runs by the ball letting the ball run on the outside
- A3 follows A2 at a distance that will place him/her in front of the goal for a shot at goal

Coaching Focus

- Player A2 must be convincing both in his/her run and calling for the ball
- Player A1 must deliver an accurate pass with pace towards A2
- A3 must time the run so that he/she is not too close to A2 so as to give away the deceptive play or to place himself/herself at too great of an angle to get a productive shot at goal
- This play works better on dominate foot shooters who are capable of striking a fast rolling ball

THROW-IN OPTIONS



Attacking 3Rd

- Throw to head of player to the thrower
- Throw long & accurate
- 2Nd runner starts late and runs behind and towards goal for the flick-on
- Throws to the corner are usually wasted and non-productive except at the professional level

Middle 3Rd

- Start wide and come to the thrower “only” when the thrower is ready to throw.
- Throw to feet almost all of the time
- Use a flick on from feet as an option

Defending 3Rd

- Have options to go back to the fullbacks who may have more options
- Avoid cross field throws because if intercepted they are usually very dangerous
- Throw to feet to avoid giving the ball to opponents

Coaching Focus

1. Thrower should be ready to throw as soon as they pick up the ball
2. Thrower should be assessing all throwing options as they move to the throw-in position
3. Receivers should avoid moving too early
4. Receivers must ensure a good first touch
5. passing back to the thrower is frequently a good option
6. Throwers must be ready to receive the ball back after throwing
7. “Throw To Feet” except where the set play dictates otherwise.