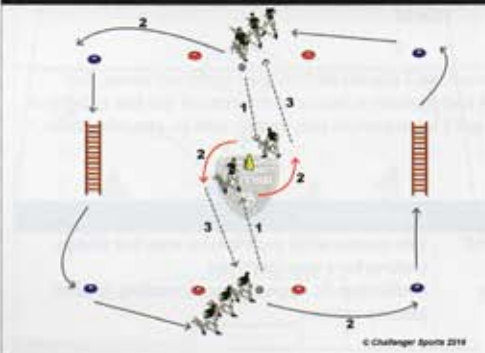


Topic: **Set Pieces - Corners and Indirect Free Kicks**

Objective: **To work on dead ball situations such as corners, goal kicks etc. Please see Set Piece Guide for additional dead ball scenarios.**

Session Part: Technical Warm-up



Session Part: Corners



Session Part: Indirect Free Kick



Session Part: SSG's for Set Pieces



Organization		Time:	15
Area:	20x20		
Numbers:	8		
The topic of 'Set-pieces' can involve prolonged periods of time off the ball. It is important to have a good warm-up so all players are activated and ready to make those movements which count no matter how sparse. Begin with a good agility warm-up with a high repetition of a technical skill, such as this ladder - passing warm-up. Outside players play to central players who spin off play opposite. Once an outside player plays the ball in they complete the agility work such as fast feet, shuffles etc.			
Progressions		Coaching Points	
Change the agility work every 2 minutes Work with 1 ball and 1 central player; complete a 1-2 with central player who opens up some space for outside player to make a long pass.		Quality of passes Execution of agility work including body shape and upper body movement i.e. strong core, working arms	

Organization		Time:	20
Area:	Attacking half		
Numbers:	14		
Image shows starting positions on left and where the red runs take them on the right. Play 9vs4+GK. 10 & 7 make moves to pull defenders out of the area. 6,4 & 9 check away from the goal and then towards the back post while 5 makes a run to the front post. 11 and 8 hold their positions for balls cleared out of the box.			
Progressions		Coaching Points	
More of less defenders dependent on how much success the attacking team are having.		Timing of movement, attackers don't want to be static as the ball comes in. Confidence in attacking aerial balls and the strength to beat defender to it.	

Organization		Time:	25
Area:	Attacking Half		
Numbers:	12		
Image shows 3 potential passes from an indirect free kick. 11 can advance down the line to receive a short pass - 8 can run from deep to shoot - or most typically a cross can be put into the 6 yard area. In this example #9 peels off to make a far post run while 6,10 & 5 come towards the near post and hopefully where the ball will be. 9 can pick up any balls which the 3 attackers ahead of them missed.			
Progressions		Coaching Points	
Add a defender or 2 to increase difficulty and force more mobility in attack.		Understanding from all players which of the 3 options the player taking the free kick is going to conduct and how their roles change depending on this	

Organization		Time:	30
Area:	18 to 18		
Numbers:	9v9		
Modify game rules to integrate different sorts of set pieces. For corners and indirect free kicks for example; 1- Throw-ins taken as indirect free kicks 2- All balls which go out of bounds over the by-line result in a corner kick no matter who it went out on 3- Have an indirect free kick from the point at which any shot at goal was taken			
Progressions		Coaching Points	
Goals scored off corners or indirect free kicks are worth double		Quick organization on set pieces Good movement to disorganize defense Attacking aerial balls and getting ahead of the defender	