



Attacking Set Pieces — The Chances We Are Given

Session A1 • Set pieces • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Striking the Dead Ball

0:10 – 0:25 • 15 MIN

The Corner

0:25 – 0:40 • 15 MIN

Wide Free-Kicks and Long T

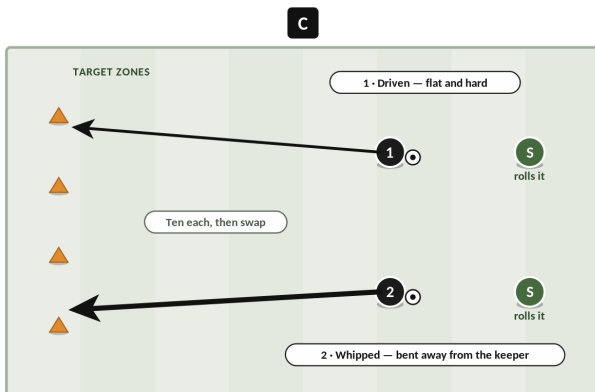
0:40 – 0:55 • 15 MIN

The Restart Match

0:55 – 1:00 • 5 MIN

Questions and homework**A1.1 STRIKING THE DEAD BALL**

Warm-up • 10 min

**SET UP**

- 34 × 20 m with four target zones marked with cones along one end.
- Pairs — one rolls the ball out, one strikes it from a standing start.

RULES

- Dead ball, standing start — no rolling deliveries.
- 1 point for a driven ball in a target zone, 2 for a whipped one.
- Ten repetitions of each technique before scoring ...

COACH IT

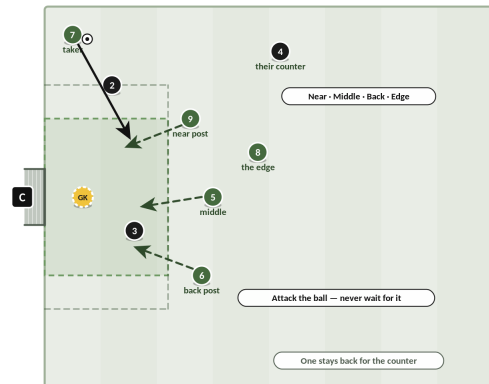
- Technical: Driven: laces, through the middle, head over it, follow through low. Whipped: inside of the foot, across the bottom half, follow through across ...

SAY

- Accuracy first. A perfect ball at half pace beats a rocket into the stand.

A1.2 THE CORNER

Technical practice • 15 min



FOUR JOBS • ONE ROUTINE • EVERYBODY KNOWS THEIRS BEFORE IT'S TAKEN

SET UP

- 40 × 34 m with a full goal and goalkeeper and a marked penalty area.
- Five attackers, three defenders, a goalkeeper, and a taker.

RULES

- Four jobs, named, every time: near post, middle, back post, edge.
- One player stays back for the counter. Always.
- Runs start as the ball is struck — anybody standing ...

COACH IT

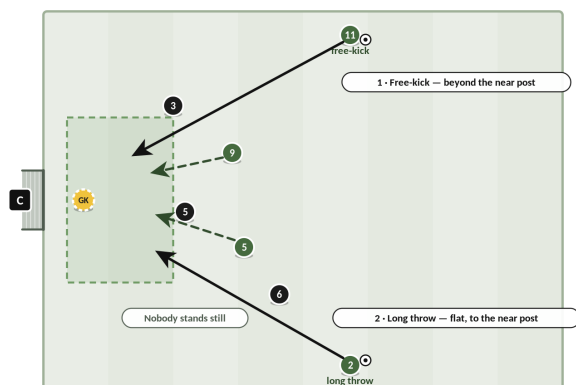
- Technical: Attacking the ball — meeting it moving, and heading or striking through it rather than letting it hit you. Also the taker's consistency ...

SAY

- The default. Name the four positions again and put them in them.

A1.3 WIDE FREE-KICKS AND LONG THROWS

Skill game • 15 min

**SET UP**

- 44 × 32 m with a full goal and goalkeeper.
- Mark the landing area — a 9 × 14 m box between the penalty spot and the near post.
- Five attackers against three defenders, with a ...

RULES

- Deliveries must land in the marked area to be scored.
- The same four jobs as the corner — near post, middle, back post, edge.

COACH IT

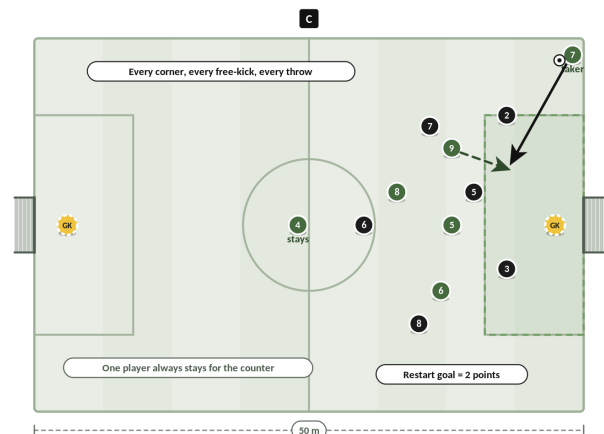
- Technical: The long throw: both feet on the ground, ball behind the head, a run-up, and a flat trajectory rather than a lob. It is a technique and ...

SAY

- Beyond the near post, short of the keeper. That's the space.

A1.4 THE RESTART MATCH (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals and marked boxes.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll substitutes every two minutes.
- Every ball out of play on the byline is a corner ...

RULES

- Every ball out on the byline is a corner to the attacking team.
- A goal from any restart — corner, free-kick or throw — counts double.

COACH IT

- Technical: Delivery under fatigue, which is much harder than delivery in a static practice.
- Tactical: Speed of organisation is worth more than ...

SAY

- The ten-second rule fixes it. Count out loud.
- Expected. Two reminders, then let the scoreline ...