



Defending Set Pieces — The Goals We Give Away

Session A2 • Set pieces • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

First To It

0:10 – 0:25 • 15 MIN

Defending the Corner

0:25 – 0:40 • 15 MIN

The Long Throw

0:40 – 0:55 • 15 MIN

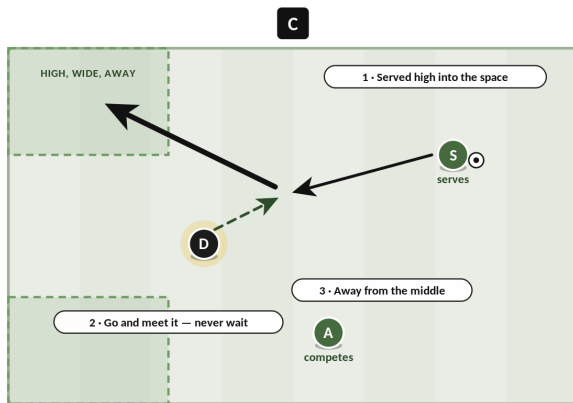
The Defending Match

0:55 – 1:00 • 5 MIN

Questions and homework

A2.1 FIRST TO IT

Warm-up • 10 min



THE FIRST TOUCH BELONGS TO WHOEVER MOVES FIRST

SET UP

- 32 × 20 m with two clearing zones marked in the far corners.
- Threes: a server, a defender and an attacker.
- The server throws or chips the ball high into the ...

RULES

- Both players start level, 8 m from where the ball will land.
- Clear with the foot or the head — a foot clearance scores exactly the same.

COACH IT

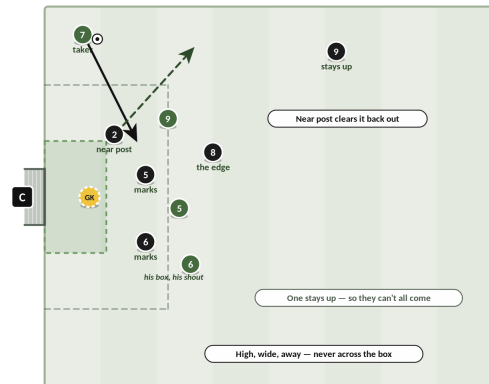
- Technical: Meeting the ball on the move, taking off from one foot, and clearing through the ball rather than at it. If heading: eyes open, forehead, neck ...

SAY

- The whole practice. Go and get it. Don't let it come to you.

A2.2 DEFENDING THE CORNER

Technical practice • 15 min



NEAR POST • MARKERS • THE EDGE • ONE STAYS UP

SET UP

- 40 × 34 m with a full goal and goalkeeper and a marked penalty area.
- Mark the keeper's zone — the six-yard box — so everybody can see whose territory it is.

RULES

- Four jobs, named, every time: near post, two markers, the edge, one stays up.
- The six-yard box belongs to the goalkeeper. If he calls, everybody moves.

COACH IT

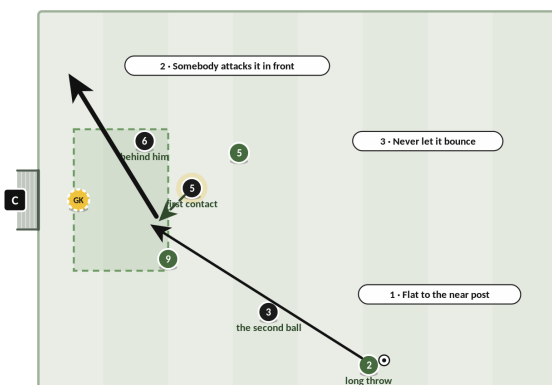
- Technical: Clearing high, wide and away — through the ball, and towards the touchline rather than across the goal. And the goalkeeper's decision: ...

SAY

- The single most common and most expensive error.
- It's your box. Come and get it, or shout away.

A2.3 THE LONG THROW

Skill game • 15 min



MEET IT EARLY - ONE IN FRONT, ONE BEHIND - NEVER BACK-PEDAL

SET UP

- 44 × 32 m with a full goal and goalkeeper.
- Mark the landing area near the front post so everybody knows where it is going.
- Four defenders against four attackers, plus a ...

RULES

- One defender in front of the landing area, one behind it. Both named before each throw.
- Nobody lets the ball bounce — a bounced ball in the box concedes the point.

COACH IT

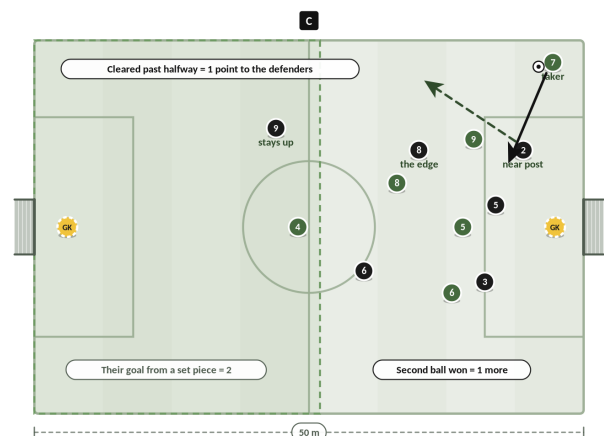
- Technical: Attacking the flight, and clearing first time. A long throw arrives slowly, which makes it the easiest ball in football to time — say so ...

SAY

- Forwards. It's a slow ball.
- The single fault that concedes from long throws.

A2.4 THE DEFENDING 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 on the byline is a corner, whoever ...

RULES

- Every ball out on the byline is a corner.
- Defenders score 1 for clearing beyond the halfway line, 1 more for winning the second ball.
- A goal from a set piece = 2 points to the attacking ...

COACH IT

- Technical: Clearing under real pressure, and the goalkeeper's decision-making with bodies in front of him.

SAY

- The eight-second clock fixes it. Count out loud.
- Two reminders, then let the scoreline teach.