

Restarts and Set Pieces for the Intermediate Coach

How important are set pieces?

France won the 1998 World Cup by beating four-time champion Brazil, 3-0, on the strength of two goals via corner kick. In the second-round victory, Brazil scored on three free kicks – including a penalty kick.

In soccer, more than one-third of all goals come from a set piece. All coaches must be prepared for these scoring opportunities.

How many times, on average, do U-12 and U-14 have restart opportunities during a match? 30-40 estimated.

Would it increase your teams' chances for success if they made correct decisions during these 30-40 restarts?

What are the keys to performing successful set pieces in U-12 and U-14?

1. Practice
2. Practice
3. Practice

The restarts

- 1. Direct Free Kick***
- 2. Indirect Free Kick***
- 3. Throw In***
- 4. Corner Kick***
- 5. Penalty Kick***
- 6. Kick Off***
- 7. Goal Kick***
- 8. Drop Ball***

The objective of any restart (set pieces) is to put the ball back into play.

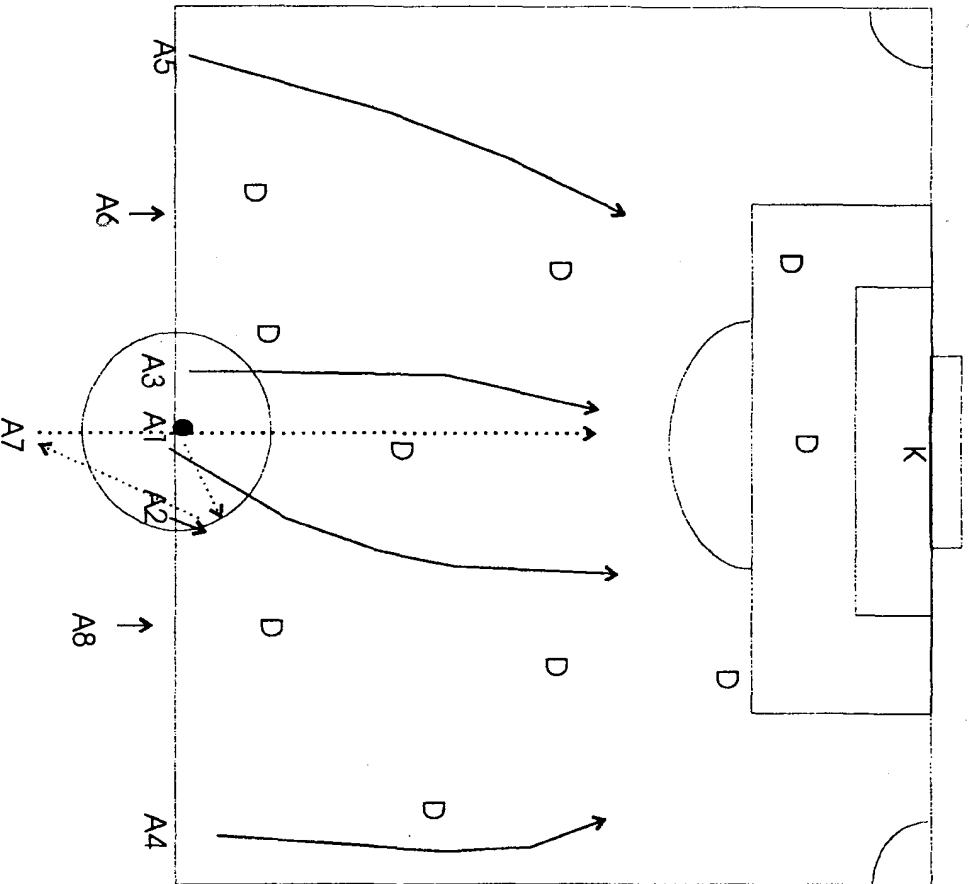
When working on restarts and set plays remember to:

**KEEP IT SIMPLE
SHOW YOUR PLAYERS THE RESTARTS
TEACH THE PLAYERS THE LAW**

Kick Off

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Attackers 1, 2, and 3 are in position to take the kickoff. Attackers 4 and 5 are on the right and left sides, respectively, of the midfield line. Attackers 6, 7, and 8 are at midfield positions.

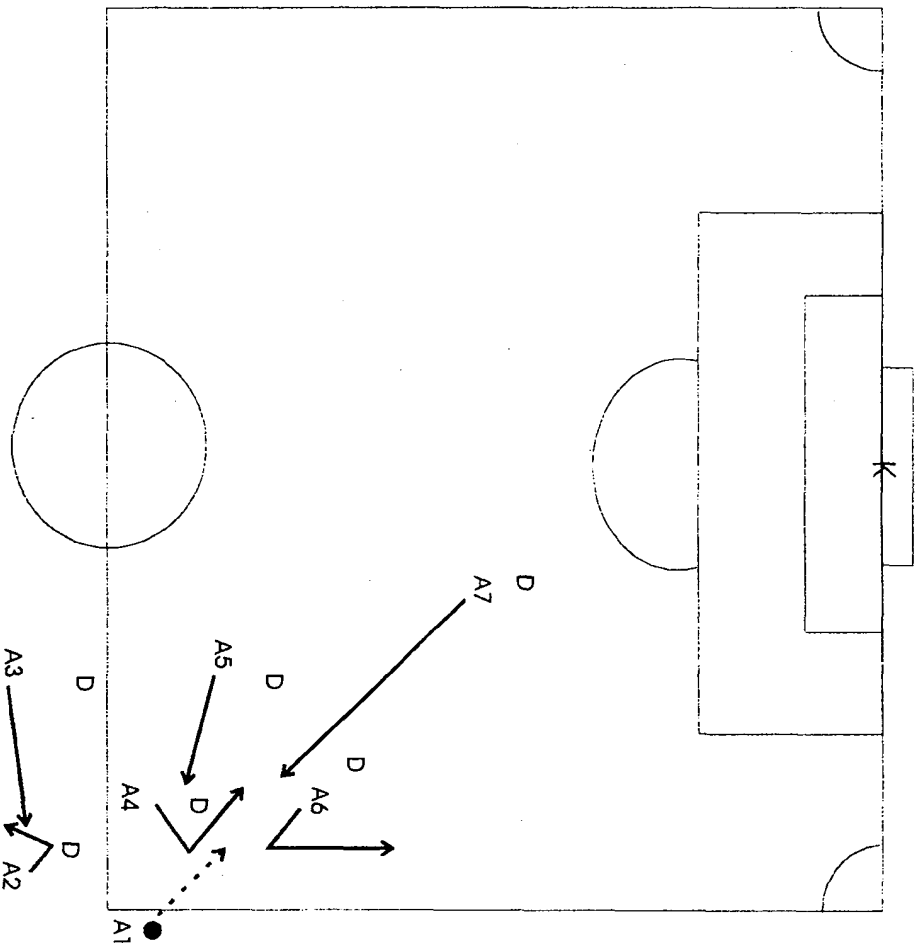


1 passes to 2, who immediately passes back to 7. 7 makes a long pass up field to 1, 3, 4, or 5 who is moving toward goal. 4 and 5 are cutting in toward the goal on their runs. 6 and 8 follow the play.

Throw-In Movement

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Attacker 1 is in position to take the throw-in near midfield. Attacker 2, 4, 6 and 3, 5, and 7 are wide and facing A1.

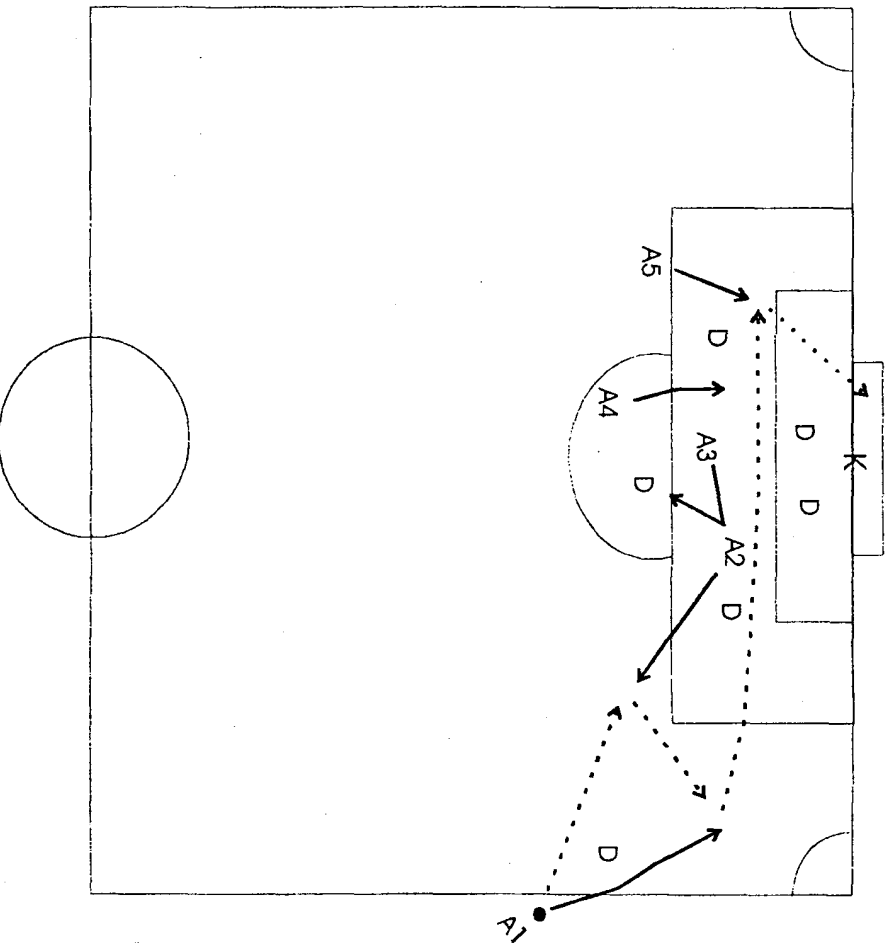


A2 and 3, 4 and 5, and 6 and 7 work as partners. 2, 4, and 6 check toward 1 and then move away at staggered times. When these players move away, 3, 5, and 7 move into the space vacated by the other players. 1 throws in to any of the attackers who have come open 4, 5, 6, or 7.

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Throw-In To Score

Attacker 1 is in position to take the throw-in 20 yards from goal. Attacker 3 stands on the midpoint of the six-yard line. 2 is five yards closer to the near touchline than is 3. 4 stands on the midpoint and to the left of the penalty-area arc. Attacker 5 is 8 yards to the left of 4.



2 initiates the throw-in by running toward 1. As 3 moves into the space vacated by 2 and checks the defender away, 1 throws to the feet of 2. 2 plays a one touch to the corner to 1, who enters the field immediately after the throw-in. 1, who has moved toward the goal line, crosses the ball to 5, who takes a first touch shot on goal. 4 moves toward the goal area for a possible rebound.

Corner Kick Stack

Attacker 1 is in position to take the corner kick. Two lines of three attackers each-attackers 2,3, and 4 and attackers 5, 6, and 7 are at opposite sides of the penalty area.

Procedure

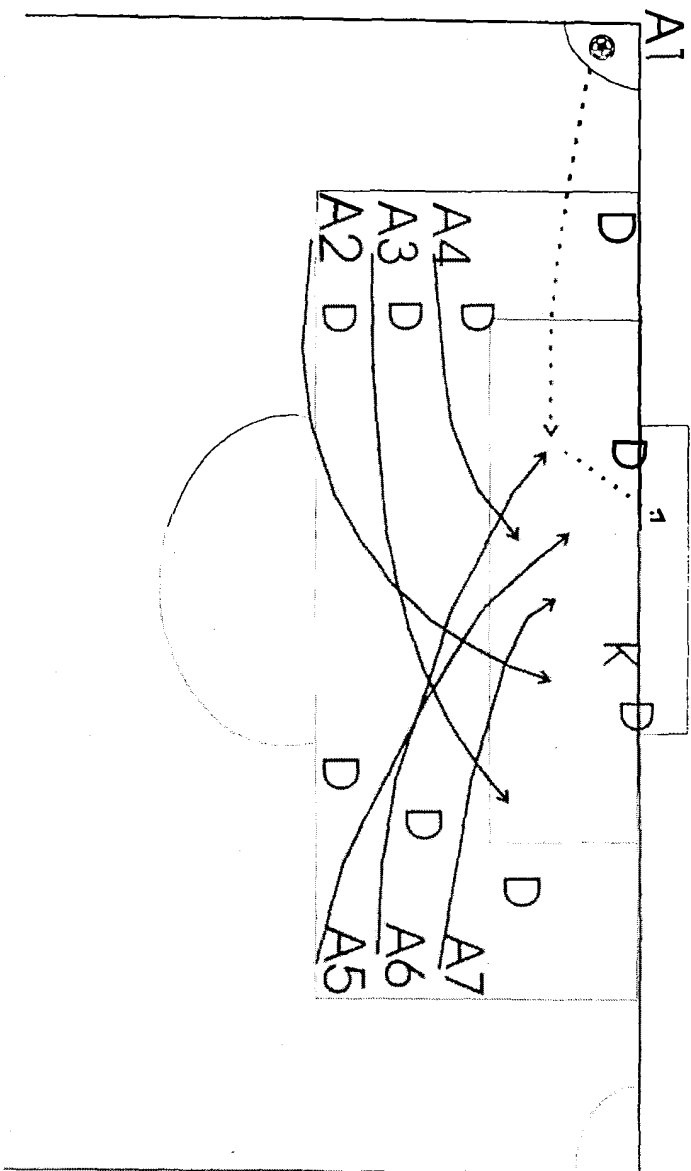
Just before taking the corner Kick, 1A calls out a number from 1 to 4 to indicate where the ball will be kicked.

- 1=1's near post
- 2=1's far post
- 3=1's penalty mark
- 4=1's center of goal area

The players in each line run toward predetermined spots:

- 2 far post
- 3 far post corner of goal area
- 4 middle of penalty area
- 5 near post
- 7 in front of keeper

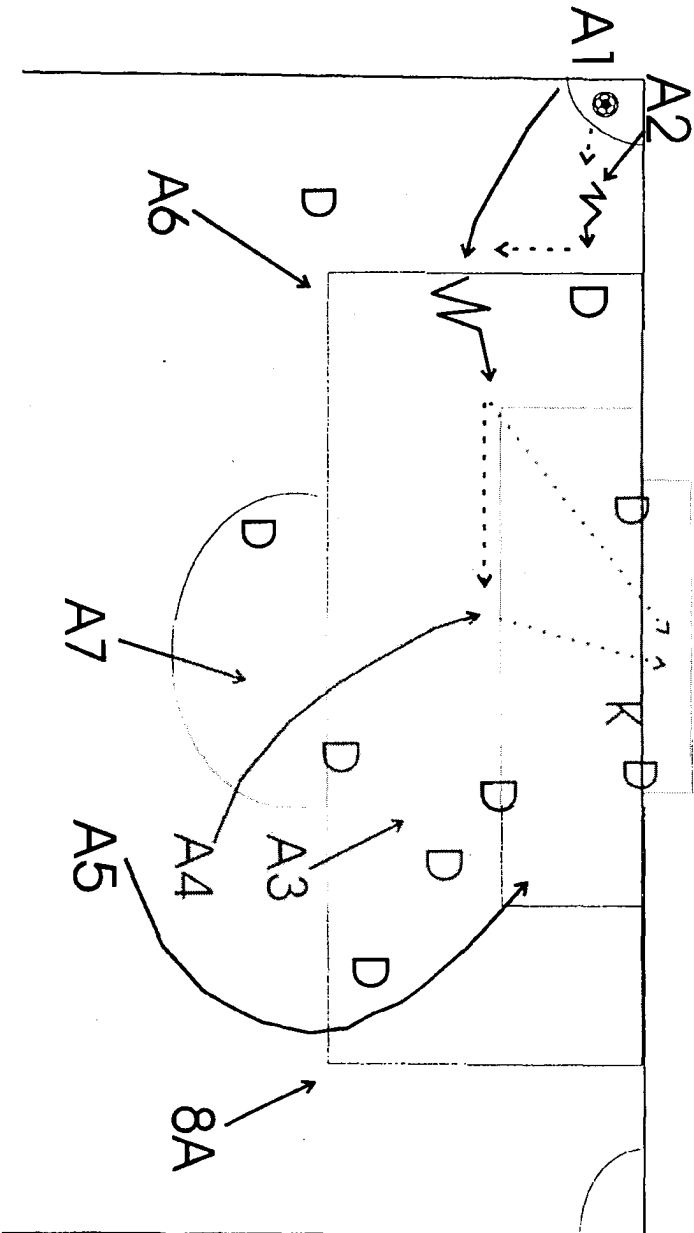
Put the ball in the back of the net, all player should be alert for a rebound.



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Corner Kick Short Corner

Attackers 1 and 2 are in position to take the corner kick. Attackers 3, 4, and 5 form a line parallel to the sideline of the far end of the 18-yard line. Attackers 6, 7, and 8 are spread out a few yards outside the 18-yard line let to right respectively.



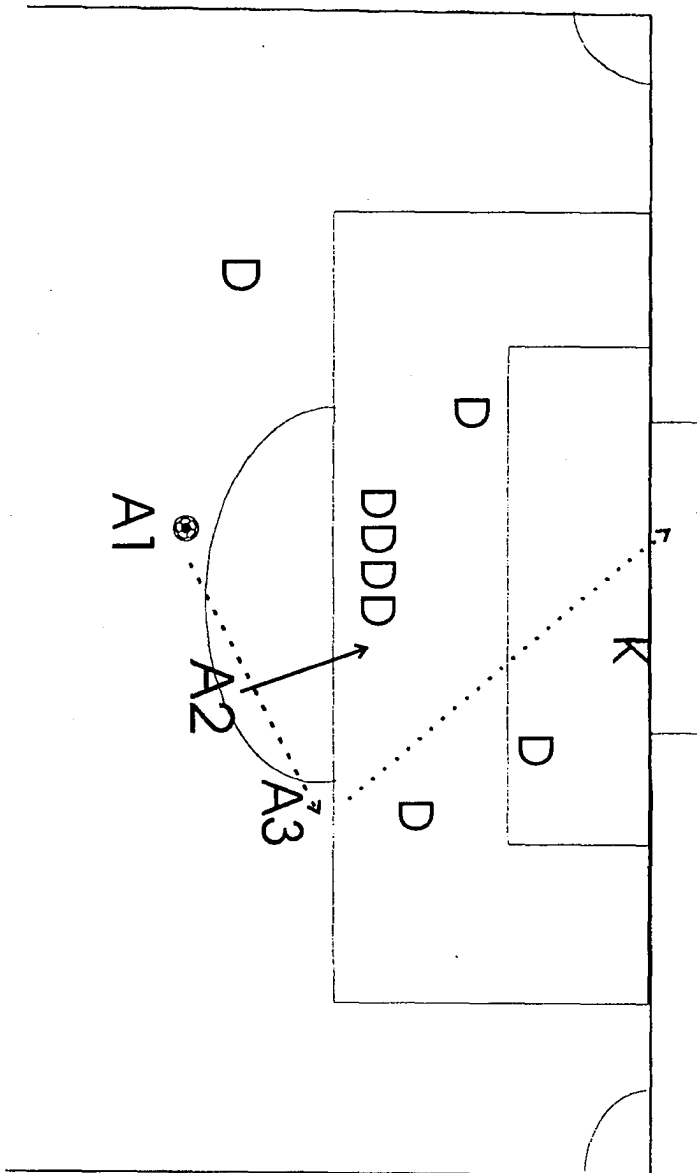
Procedure

1 initiates the play by tapping the ball forward to 2. 2 attacks and isolates a defender. 1 overlaps and receives a pass from 2. As 1 overlaps 2, 4 sprints toward the near post, 5 sprints toward the far post, and 3 sprints toward the penalty mark. 1 either dribbles toward the goal and shoots to the near post or passes to 4, who takes first-time shot on goal. 3 and 5 keep alert for a possible rebound. 6, 7, and 8, who have moved in toward the penalty area, stay alert for a possible long rebound or clear.

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Free Kick One

If the ball placed 10 yards outside the middle of the 18-yard line. Attacker 1 is in position to take the free kick. Attacker 2 is five yards to the right of 1, and Attacker 3 is five yards to the right of 2.



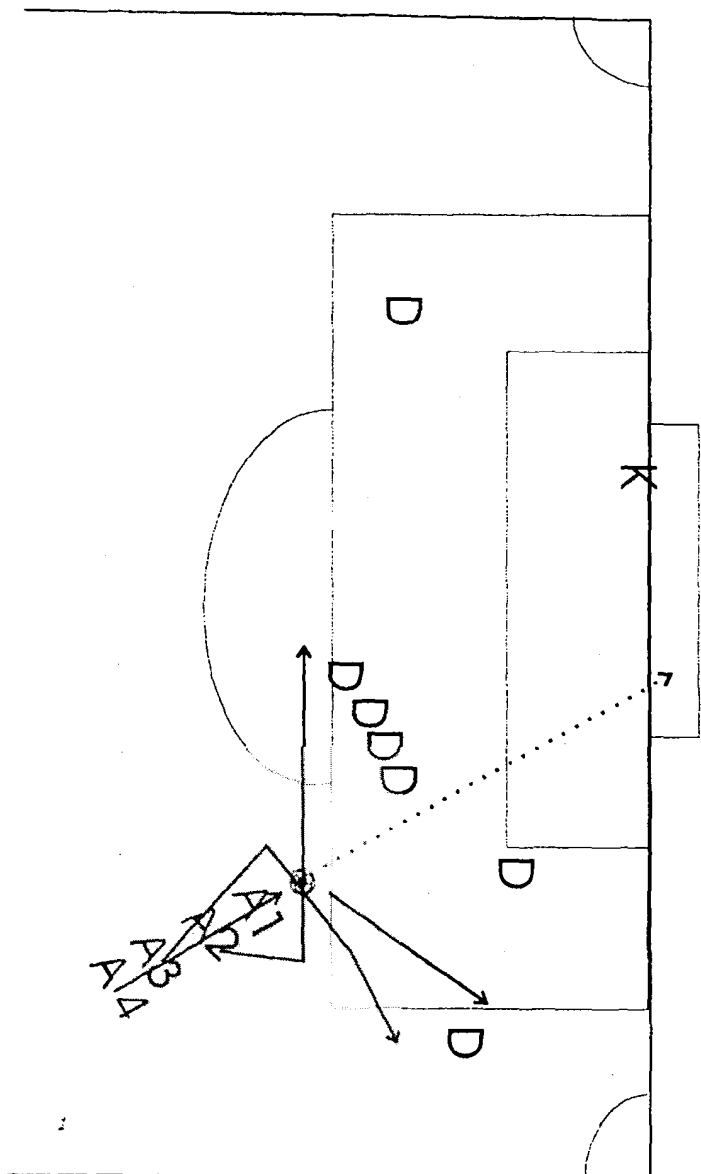
Procedure

2 runs toward the near-post end of the defensive wall. 1 passes to 3, who takes a first time shot on goal.

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Free Kick Big Stack

The ball is placed just outside the right side of the 18-yard line. Attacker 1 is in position to take the free kick. Attackers 2, 3, and 4 stand in a line directly behind 1. Attackers 5, 6, and 7 stand 7 yards to the right, left, and behind, respectively, of the ball.



Procedure

The kick is a direct shot on goal around the near end of the wall. The shooter is the player in line designated by the on-field decision of the four players in the stack. The non-shooters each run over the ball and break alternately to the left and right of the wall. The Direction of the shot will be determined by the setup of the wall and the position of the Keeper.