



Football Scoring from Set Pieces

Scoring From Set Pieces

Having any kind of edge over your opponent is what every competitive coach is trying to achieve. In this section come 19 set pieces which are guaranteed to improve your chances of scoring from corners and set pieces.

All Areas have been covered including long/short corners, back-passes, lay-off's.

Each drill comes packed with Key coaching points and specific positions of players.

Enjoy and Good Luck

Contents

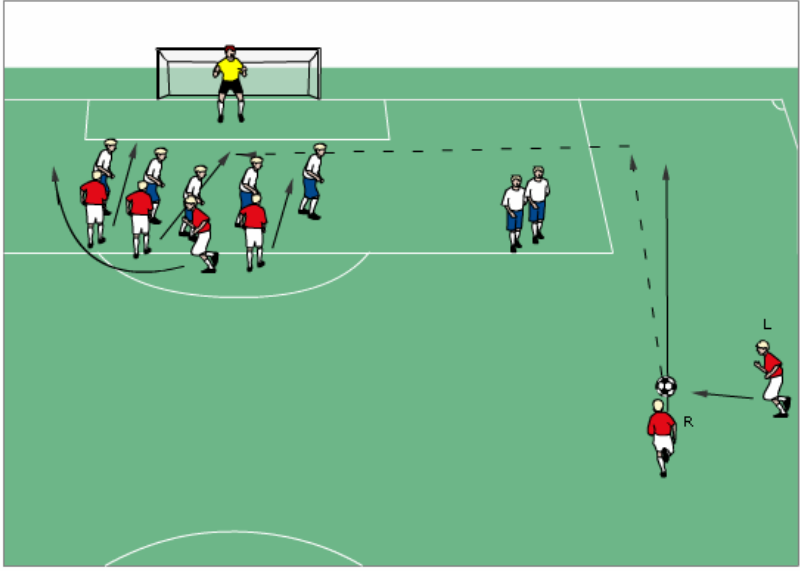
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Academy Football Coaching Session Plan

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|--------------------|-----------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Ground Ball Back Pass | | |

Session Planner

Timings

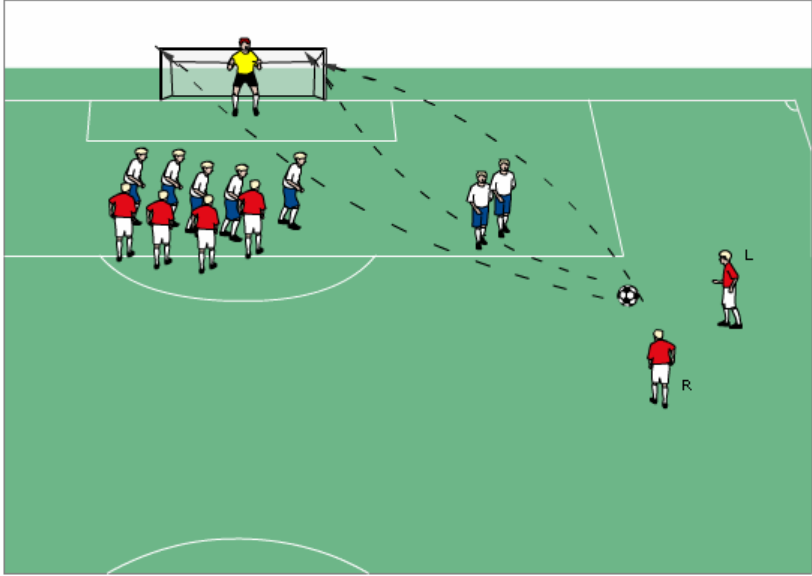
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| <p style="text-align: center;">Main Content</p>  | | |
| <p style="text-align: center;">Organisation</p> <p>Attackers' Positions</p> <ul style="list-style-type: none"> • This variation is especially appropriate when the defenders are standing at the penalty box line • Attackers position themselves in line with the far half of the goal | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> • R (right-footer) runs past the ball in an arc toward the endline • L (left-footer) steps up and passes parallel to the sideline, into R's path • R has 2 alternatives: <p>A ground ball on the first touch, or Dribbling into the box followed by a square or back pass</p> | | |

Academy Football Coaching Session Plan

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|--------------------|-------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Hard Shot at Goal | | |

Session Planner

Timings

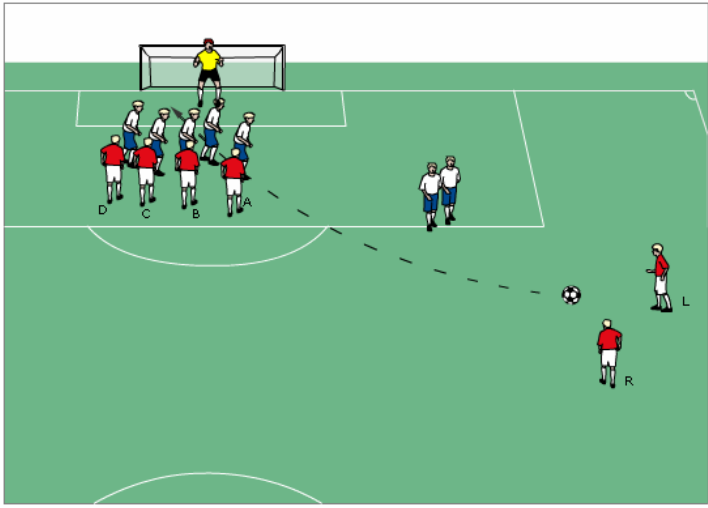
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| <p style="text-align: center;">Main Content</p>  | | |
| <p style="text-align: center;">Organisation</p> <p>Tactical options</p> <ul style="list-style-type: none"> • R bends the ball past the wall and into the near corner • L lobs the ball over the wall into the near corner • L plays a hard shot above head level toward the far corner | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Additional training tips</p> <ul style="list-style-type: none"> • Coach can simulate a two-player wall by standing with arms out-stretched at head height • Shooter should always aim just outside the goal or post; otherwise the ball tends to travel more toward the middle of the goal (i.e. toward the keeper) than toward the corner. | | |

Academy Football Coaching Session Plan

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|--------------------|---------------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Defenders Deep Inside Box | | |

Session Planner

Timings

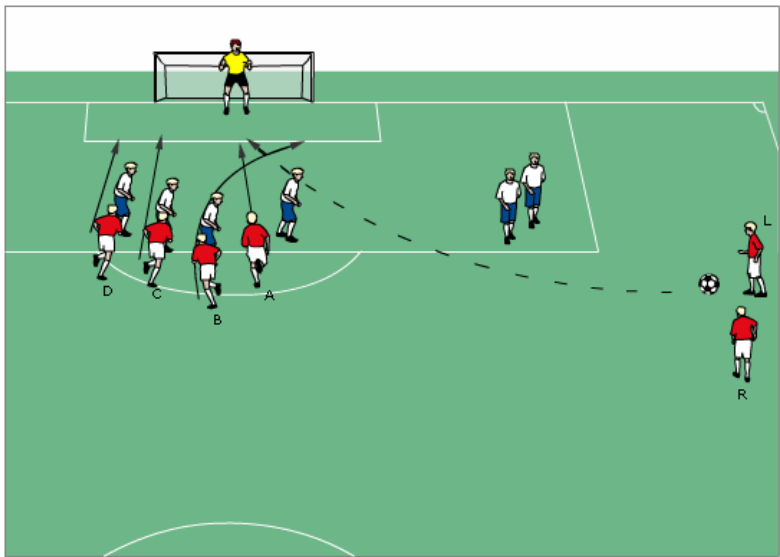
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| <p style="text-align: center;">Main Content</p>  | | |
| <p style="text-align: center;">Organisation</p> <p>Attackers' Positions</p> <ul style="list-style-type: none"> • Four attackers stand between the goal and the penalty spot, between the far post and the middle of the goal | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> • R runs past the ball toward the corner of the penalty box to be able to intercept balls deflected to the side • L plays a hard shot above head level toward the far post. The attackers try to relay the ball out of the crowd and toward the goal, using their foreheads or the tops of their heads | | |

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Defenders Even with The Ball | | |

Session Planner

Timings

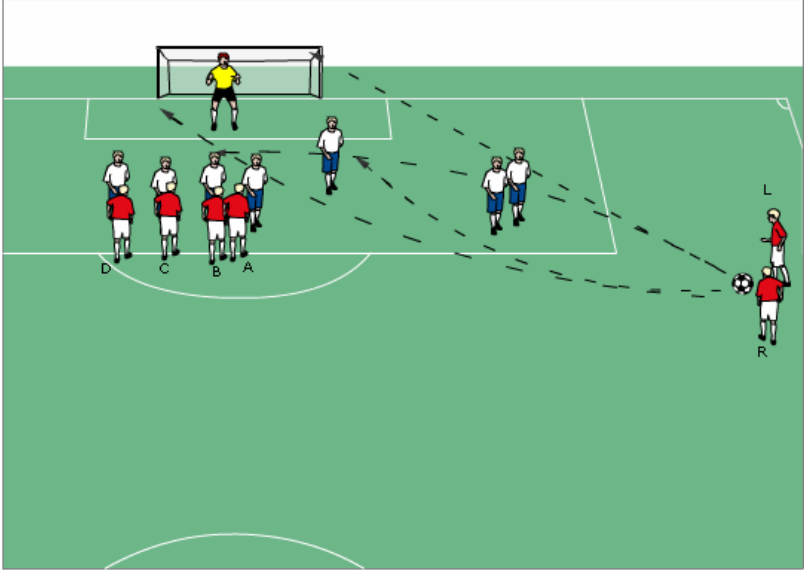
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| <p style="text-align: center;">Main Content</p>  | | |
| <p style="text-align: center;">Organisation</p> <p>Attackers' Positions</p> <ul style="list-style-type: none"> Four attackers stand between the middle of the goal and the far side of the goal box | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> Same as above, except the attackers start moving as soon as L shoots A starts toward the middle of the goal B does a countermove, then moves diagonally toward the near post to be able to score on a ball deflected to the side C runs diagonally forward, then stops and runs 'behind' the far post. D runs directly toward the far post | | |

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Free Kick Beside Penalty Box | | |

Session Planner

Timings

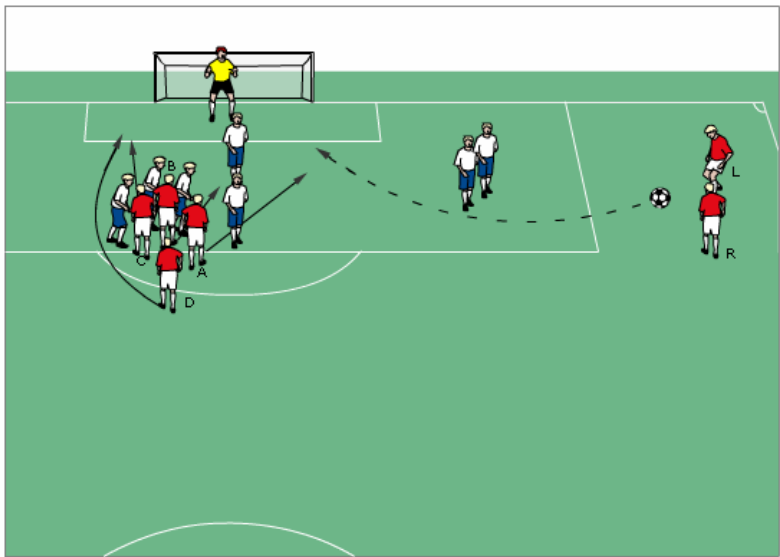
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <p>Tactical options These two variations are virtually the same, except that some GK's "dislike" stepping out for a short ball.</p> <ul style="list-style-type: none"> • "kill the wall": L plays a hard shot straight at the near post/middle of the goal, in the hope that one of the layers in the wall will turn or jump, allowing the ball to pass • L/R plays a hard ball at head level past the wall and in front of the goal, in the hope that one of the approaching attackers (or defenders) will deflect it toward the goal • L/R lobs the ball gently toward the near post • L/R bends the ball toward the far post | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> | |

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Near Post | | |

Session Planner

Timings

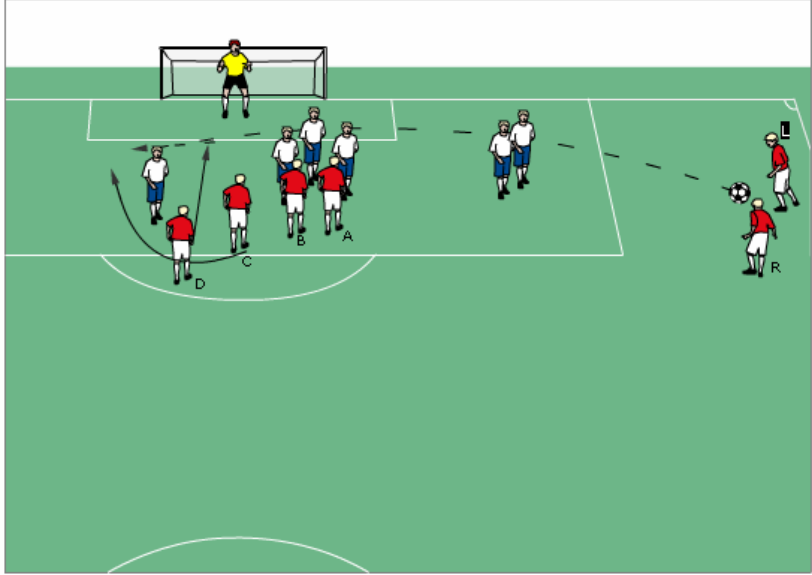
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| <p style="text-align: center;">Main Content</p>  | | |
| <p style="text-align: center;">Organisation</p> <p>Attackers' Positions</p> <ul style="list-style-type: none"> • Four attackers form a block in line with the far post to keep the goal box as empty as possible | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> • When the shooter steps up, A and B do brief countermoves and then start toward the area between near post and the middle of the goal • C and D head for the near post at first, then stop and curve around the outside toward the far post • L/R shoots for the near post, where A and B try to relay the ball either directly into the goal or toward the far post | | |

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Far Post | | |

Session Planner

Timings

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| <p style="text-align: center;">Main Content</p>  | | |
| <p style="text-align: center;">Organisation</p> <p>Attacker's Positions</p> <ul style="list-style-type: none"> • A and B between the near post and the middle of the goal, at the edge of the goal box, to focus defenders' attention on this area • C and D line up diagonally | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> • L/R plays a hard shot at the far post • When the shooter steps up, C heads for the near post, then stops and curves around the outside toward the far post • D heads for the middle of the goal | | |

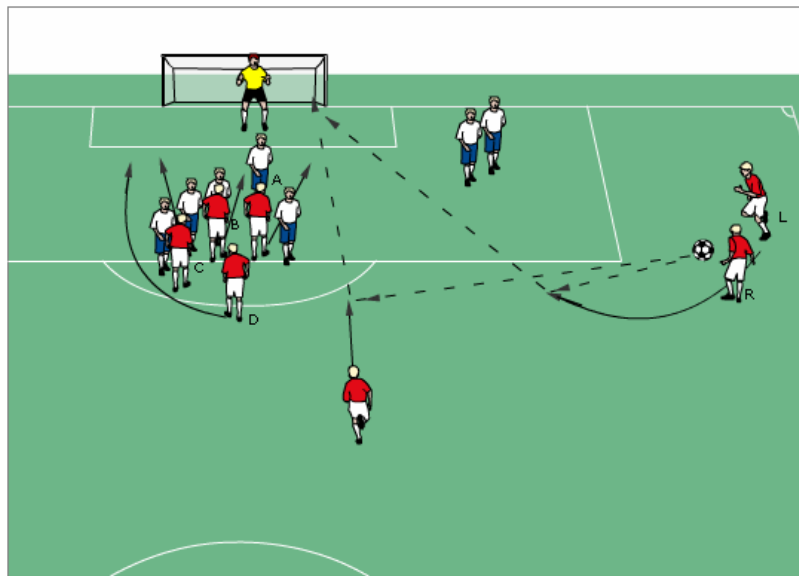
Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Cut Back | | |

Session Planner

Timings

Main Content



Organisation

Tactical Options

This variation is ideal for balls played toward the near post, because attackers can keep the shooting path open. It can also be used on free kicks from inside positions when the defenders are spread out deep inside the penalty box

Key Factors/Coaching Points

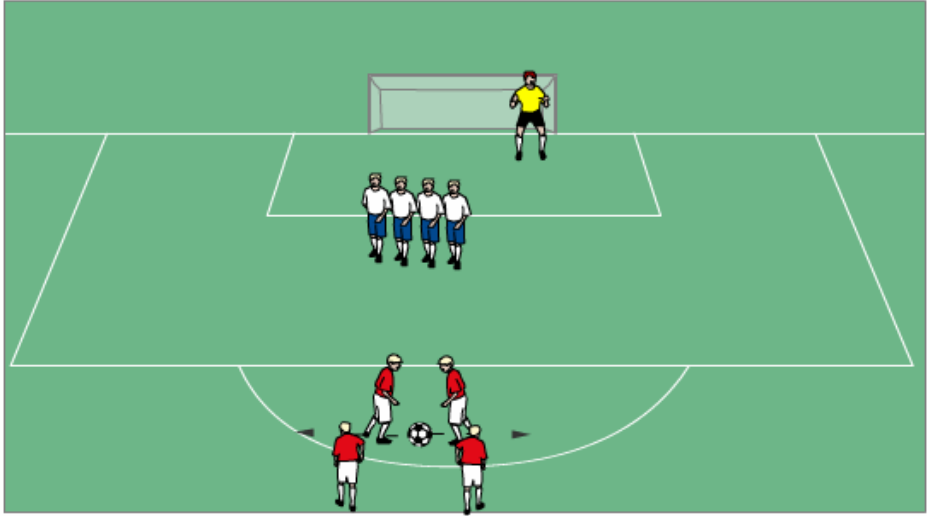
- L runs past the ball and curves around toward the penalty box line. R passes into L's path, and L shoots directly
- A defender from the attacking team suddenly moves up from the backfield, receives a pass and shoots directly

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Indirect Free Kick in Front of Goal | | |

Session Planner

Timings

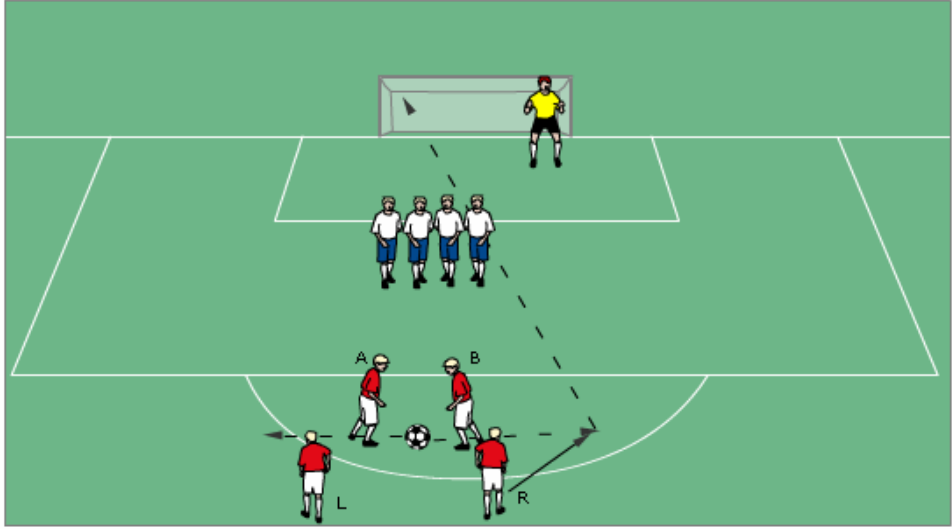
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <p>Past the keeper/past the wall Tactical Options</p> <ul style="list-style-type: none"> • As a rule, every keeper positions the wall that it protects one corner of the goal and the keeper protects the other • The attackers try to play the ball to one side so the shooter can shoot past the wall • They can play it to the “keeper side” of the far side. Both options have advantages | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> | |

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Square Pass to side of Keeper | | |

Session Planner

Timings

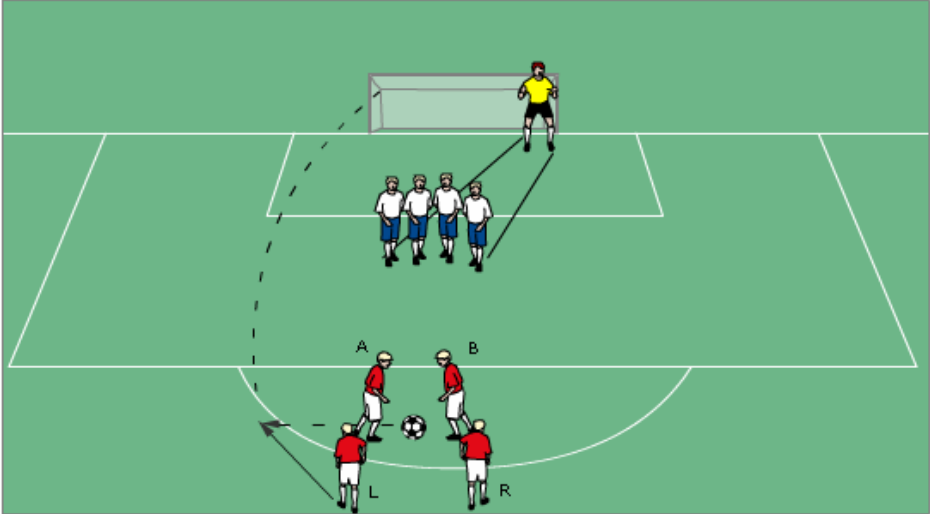
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <p>Advantages</p> <ul style="list-style-type: none"> • A square pass to the keeper side opens up at least half of the goal for the shooter, if not the far corner • A fast, hard, well aimed shot at the far corner can be just as successful as waiting a moment and then shooting at the near corner, since the keeper will probably move toward the middle | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> • A and B stand close to the ball, one on each side • R and L stand three yards away • A plays a short square pass between B's legs; R takes off at the same moment and shoots | |

Academy Football Coaching Session Plan

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| Coach | | Session Date | |
| Session Aim | Square Pass to the Far Side | | |

Session Planner

Timings

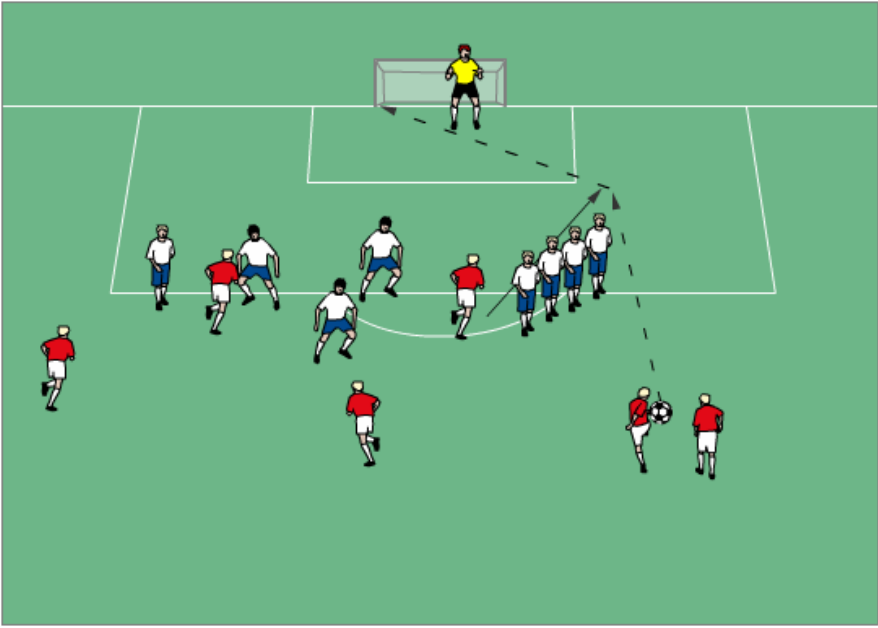
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <ul style="list-style-type: none"> • A square pass to the far side opens up the near corner for the shooter. In addition, the keeper can't see the ball until it passes the wall • The shooter may have to play a very hard bending ball because he is limited to a very narrow "corridor" | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Execution</p> <ul style="list-style-type: none"> • A and B stand close to the ball, one on each side • R and L stand three yards away • B plays a short square pass between A's legs; L takes off at the same moment and shoots | |

Academy Football Coaching Session Plan

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|--------------------|------------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Scoring From Free Kick | | |

Session Planner

Timings

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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <p>Organisation</p> <ul style="list-style-type: none"> • Two attackers with ball, 1 attacker on side of wall • Ball is played to outside of wall. Attacker on inside of wall makes a run behind wall into path of ball • Player turns and shoots at goal out of turn | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • If free kick is from right side of goal, let a left-footed player fake the kick as a distraction • Right footed player makes pass | |

Academy Football Coaching Session Plan

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|--------------------|--------------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Scoring From Corner Kick | | |

Session Planner

Timings

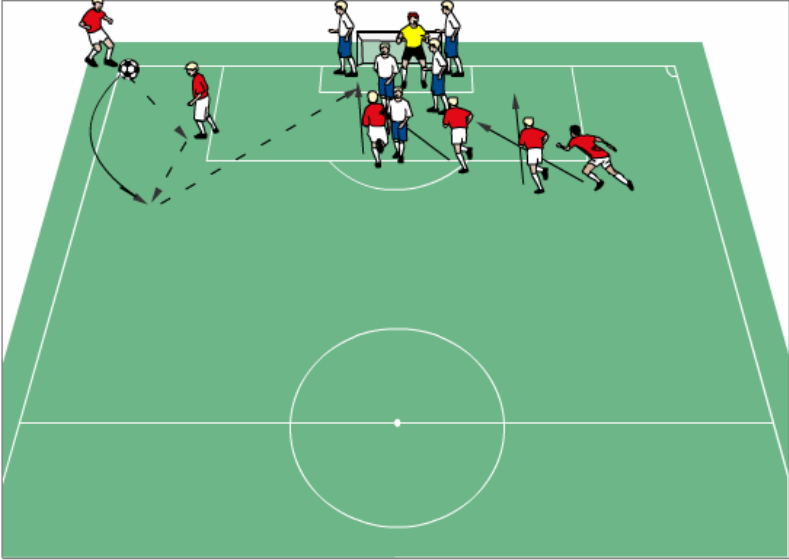
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| <p style="text-align: center;">Organisation</p> <p>Organisation</p> <ul style="list-style-type: none"> • Player 1 plays a corner kick to player 2. after passing ball to player 2, player 1 overlaps and make run into 18 yard box • Player 2 dribbles from top of box to end line where he fakes the cross. Instead of cross he plays ball back to player 1 who shoots at goal | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Overlap run must be fast • Player 2 passes into run of player 1 for shot on goal | | |

Academy Football Coaching Session Plan

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|--------------------|---------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Scoring From Corner | | |

Session Planner

Timings

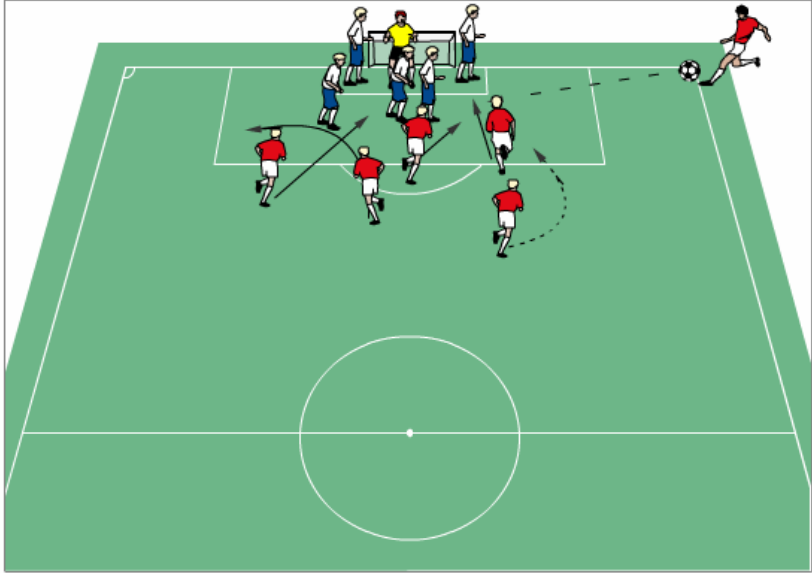
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <p>Players 1 and 2 play short corner. Player 1 ends up with ball at top of 18 yard box. He take a shot at waist height to near post</p> | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <ul style="list-style-type: none"> • Passes to be accurate and with pace • Other attackers start movement runs before shot has been taken • Attackers collapse inside box • Distract keeper • Watch off-side | |

Academy Football Coaching Session Plan

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|--------------------|---------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Scoring From Corner | | |

Session Planner

Timings

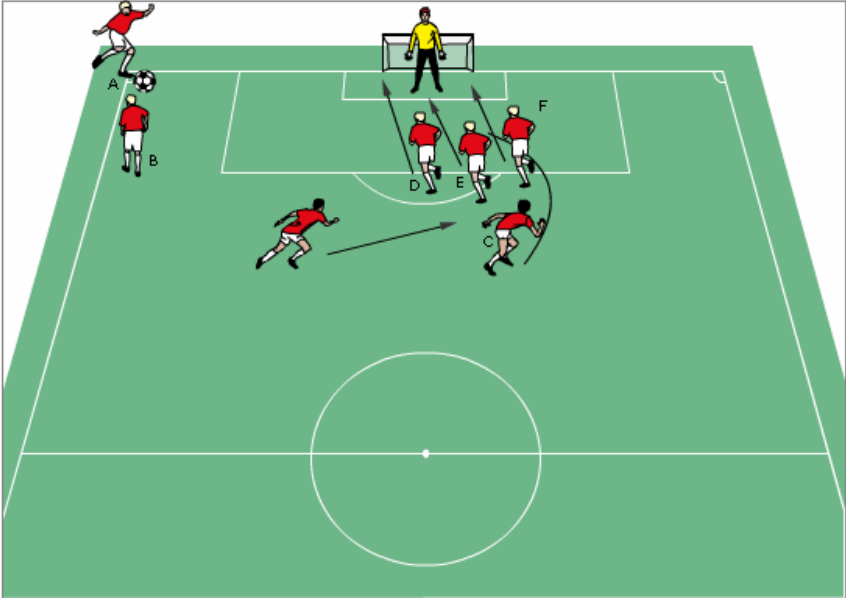
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| <p style="text-align: center;">Organisation</p> <p>Player 1 takes an outswinging corner to near post</p> | | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <ul style="list-style-type: none"> • Make good headers at near post • Execute accurate and hard corner • Players must be in set pre-planned positions + overload near post | | |

Academy Football Coaching Session Plan

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|--------------------|---------------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Scoring From Corner | | |

Session Planner

Timings

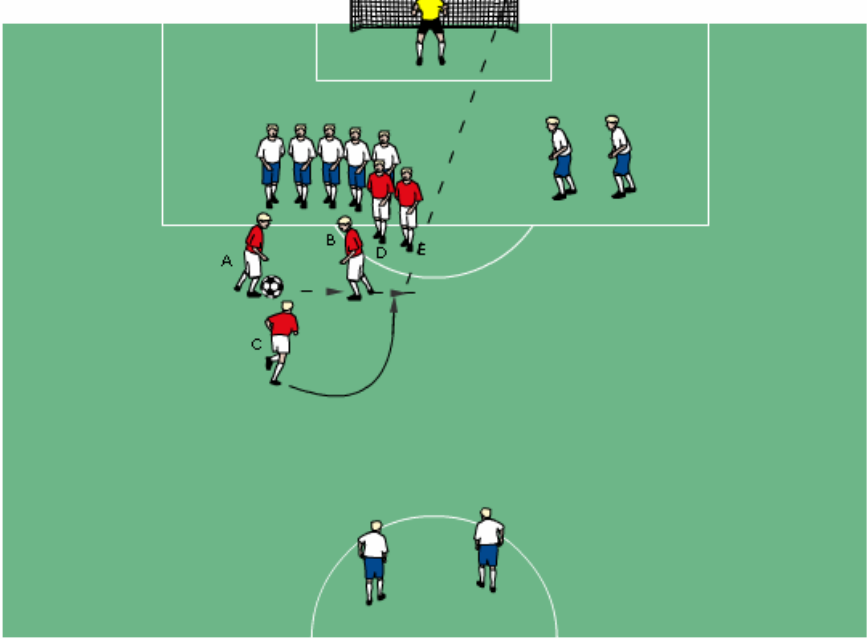
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <ul style="list-style-type: none"> • Player B goes short to the corner to draw a defender out • Players D, E, F make forward runs toward the front post • Player C Makes a run to the back Post | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <ul style="list-style-type: none"> • Player B must draw a defender out of the penalty box • D, E, F make ‘darting’ runs toward front post • Player C must time run | |

Academy Football Coaching Session Plan

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|--------------------|----------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Cheeky Lay-off | | |

Session Planner

Timings

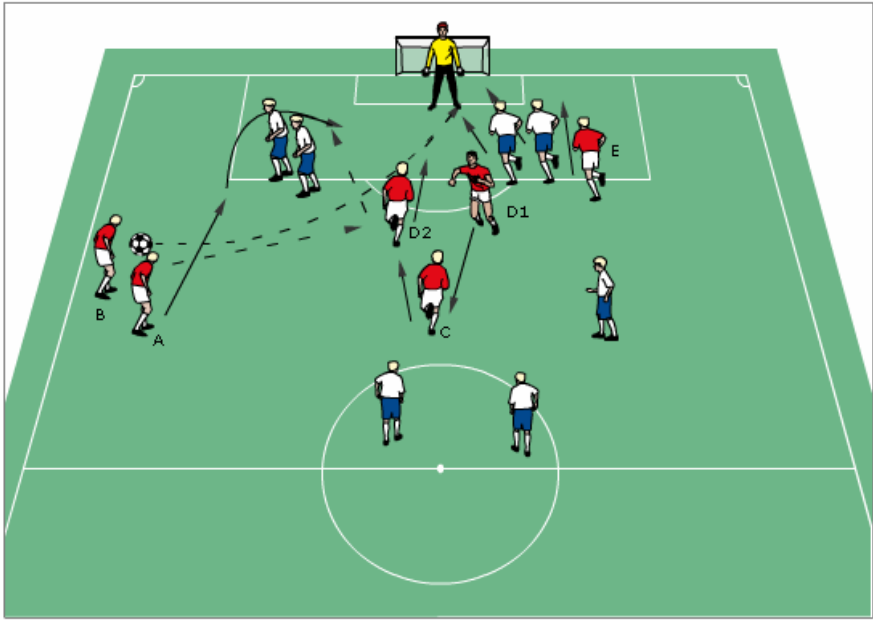
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <ul style="list-style-type: none"> • Player A plays ball to player B • Player B lets the ball run through his legs • D, E act as blockers to prevent players closing down too quickly • C shoots for top right corner | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <ul style="list-style-type: none"> • D, E must act as blockers • C shoots with laces and drills the ball | |

Academy Football Coaching Session Plan

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|--------------------|----------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Wide Free Kick | | |

Session Planner

Timings

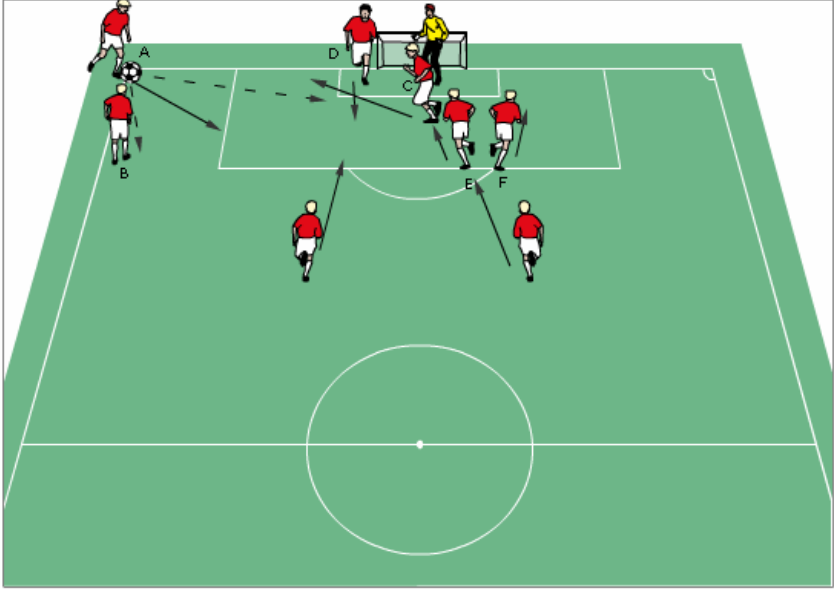
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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <ul style="list-style-type: none"> • A makes a run toward corner of 18 yard box • D2 makes run toward penalty box • E makes run around back of defenders | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <ul style="list-style-type: none"> • Quick runs • Never take eye off ball | |

Academy Football Coaching Session Plan

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|--------------------|--------------|---------------------|--|
| Coach | | Session Date | |
| Session Aim | Short Corner | | |

Session Planner

Timings

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| <p style="text-align: center;">Main Content</p>  | |
| <p style="text-align: center;">Organisation</p> <ul style="list-style-type: none"> • A plays a short corner to D (who has started on the front post). • B makes a supporting run toward edge of 18 yard box • Players on outside of box support | |
| <p style="text-align: center;">Key Factors/Coaching Points</p> <ul style="list-style-type: none"> • D has to have a good first touch • Hold defender off • Communication | |