



Attacking Set-Pieces

Category: Set-Pieces: Free-kicks

Difficulty: Advanced

Am-Club: Futbol Academy
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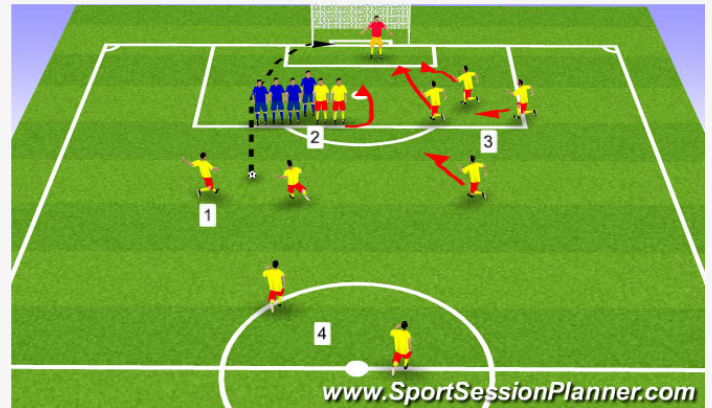
Description

To have a good set piece you need 3 things.

1. Organization
2. Misdirection
3. Execution.

Direct Free Kick

1. Two players on the ball
2. Two players in an attacking wall. Purpose...force the gk to go further away from near post to see the ball
Spin to the inside towards the goal
3. Three runners to cover rebounds....Must be moving and drawing attention away from the shooters. Prefer the TREES here.
4. Two players with pace to protect the goal.



Cover all bounces

1. Maintaining shape & balance in the box allows us to cover all the areas of the box where the ball may land.
2. Mentality....Everyone will miss and the ball will come to me.
3. Be prepared to redirect the ball...Hips & shoulders open to the service and the goal.



Attacking CK's

1. Services need to be between the 6 & 12. Signaling with a 3 sec. pause before service
2. Two players "Pokies" exchange positions & prepared to get a poke on the ball before gk or D can clear
3. Three runners that must be losing their marks before the ball is served....TREES are STAGGERED to cover all the bounces
4. Two players outside the D prepared to hit 1st time shots on frame.
5. Two players with protecting the goal & prepared to win the ball. Looking to put the ball back into the box.



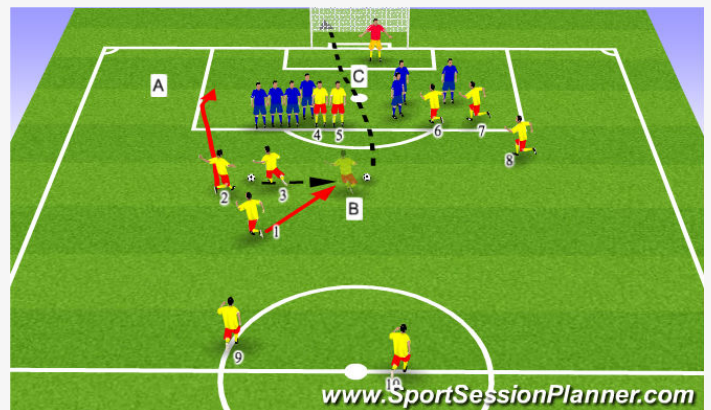
Indirect Org.

Three players on the ball....The player that puts the ball into play is called the "Director"
Two in the attacking wall
Three runners
Need a run to distract or take advantage of an opening.....less touches on the ball leads to more goals
Timing & awareness of all the players of each other is critical for success.



Indirect # 1

We must always read the set-up of the opposition in order to take advantage of what's on..
Shot is on....
Player 2 makes a run to "A"....Player 3 sole roll towards "B"....Players 4 & 5 turn towards the wall...Player 1 shoots from the middle of the goal..
Option 2....Player 4 makes run to A....Player 2 plays ball between legs of Player 3 to B....Player 1 shoots.



Indirect #2

Pass is on....
Player 1 or 2 make a run to A...Player 3 plays to A...Players 4 & 5 turn to goal.....Player 2 plays to C or shoots...
Players 4, 5, 6, 7, & 8 are responsible for covering all the bounces
Many more options if all players are aware of each other & mentally present.

