



Defending Set-Pieces

Category: Set-Pieces: Free-kicks

Difficulty: Advanced

Am-Club: Futbol Academy
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Description

Defending Set Pieces

You must be first to the ball and ALWAYS anticipate the ball coming to you. NEVER assume the ball is going to someone else. Everyone is 30 sec. focus reading and protecting the goal.

Defensive Walls

Walls are always set up Tallest players inside shoulder is aligned with the near post followed by the next tallest etc.

1. Endline to edge of 6 only one player is needed. Preferably outside player on that side
2. Top of the 6 to the PK spot two players are needed
3. PK spot to corner of 18, three players are needed
4. Corner of the box to the edge of the circle four players are needed
5. Anything around the D of the PK box you need 5 players.



Defending CK's

Defending CK's

1. Cover near post and back post with vertically challenged
2. Two players free on top of 6 yard box
3. Three players matching the runners
4. Two on top of the box, also helping in picking up runners.
5. Fwd begins on side of CK, ready to assist in a short play. Also our outlet for clearances and ball from gk

