

# HOW TO SCORE MORE GOALS FROM SET PIECES

Proven drills for free kicks, corner kicks and throw-ins



FREE  
EBOOK

**SOCCER COACH** WEEKLY



# About this ebook

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## SOCCER COACH WEEKLY

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### THE COACH'S VIEW

You'll have spotted that this ebook is different to normal coaching books as soon as you opened it. We've flipped it on its side! The reason for this is straightforward – it enables us to show you an entire set piece in a single large diagram.

You can see all the action of each play as if it's one flowing move. From the ball being kicked, through the movement of the players to (usually) the ball nestling in the back of the net. It's easy for you to follow and, more importantly, easy for your players to follow when you show it to them on the training ground.

Each set piece still requires a lot of hard work from you and your team, but hopefully it will be enjoyable work that pays dividends on the pitch.

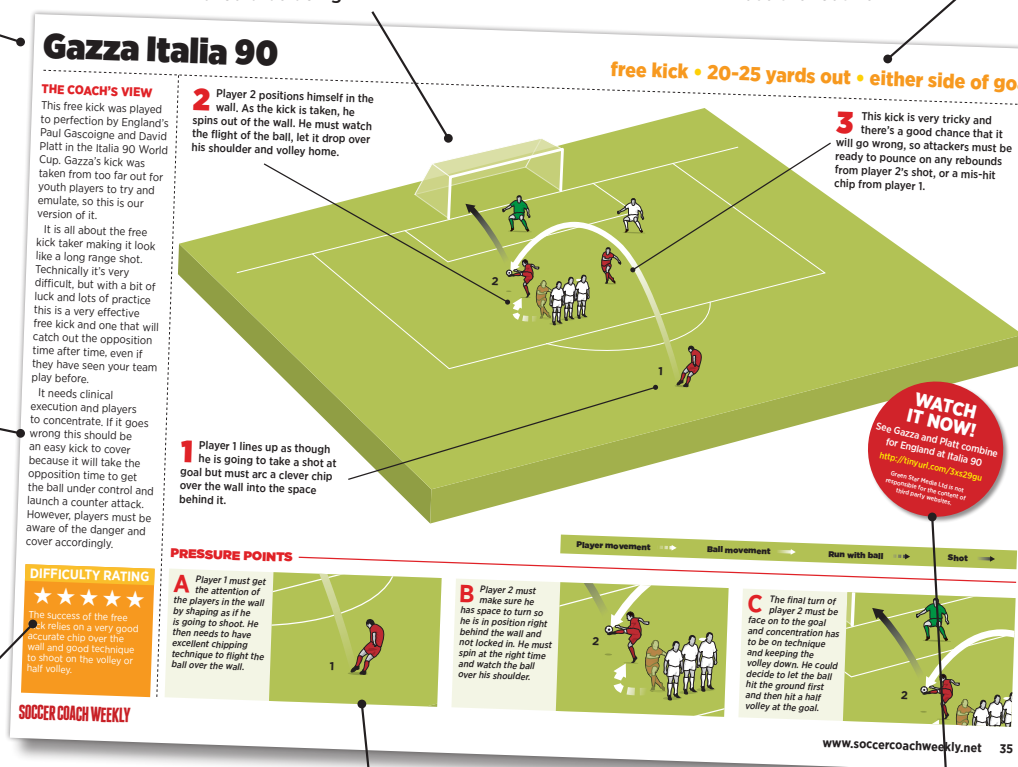
David Clarke

★ I suggest that you use the title as your call sign for the play, but feel free to give each one your own special codename.

★ The large image shows the set piece as one flowing move. Annotations guide you through the play step by step, showing you exactly what each player should be doing.

★ Some of the set pieces should only be tried from in front of goal, others can be tried from anywhere around the area. Here I show you when and where to use the routine.

★ The Coach's View is my take on each set piece. I'll tell you when to use it, the things to look out for and point out some of the possible dangers if the kick should go wrong.



★ I've given each set piece a difficulty rating to give you an idea of the skill level required to carry it out successfully. They range from one to five stars, where one star means it should be very straightforward and five stars means it's highly technical.

★ Underneath the main diagram I pick out three Pressure Points. These are the vital technical elements of each set piece that can decide whether it is successful or not.

★ Some of the set pieces are my interpretation of classic free kicks taken by star players. Where available, I give you a link to view the original set piece online.

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## THE COACH'S VIEW

This free kick works well with youth players because it doesn't need huge amounts of accuracy, but it does need players to be alert and to follow up the initial kick in the penalty area.

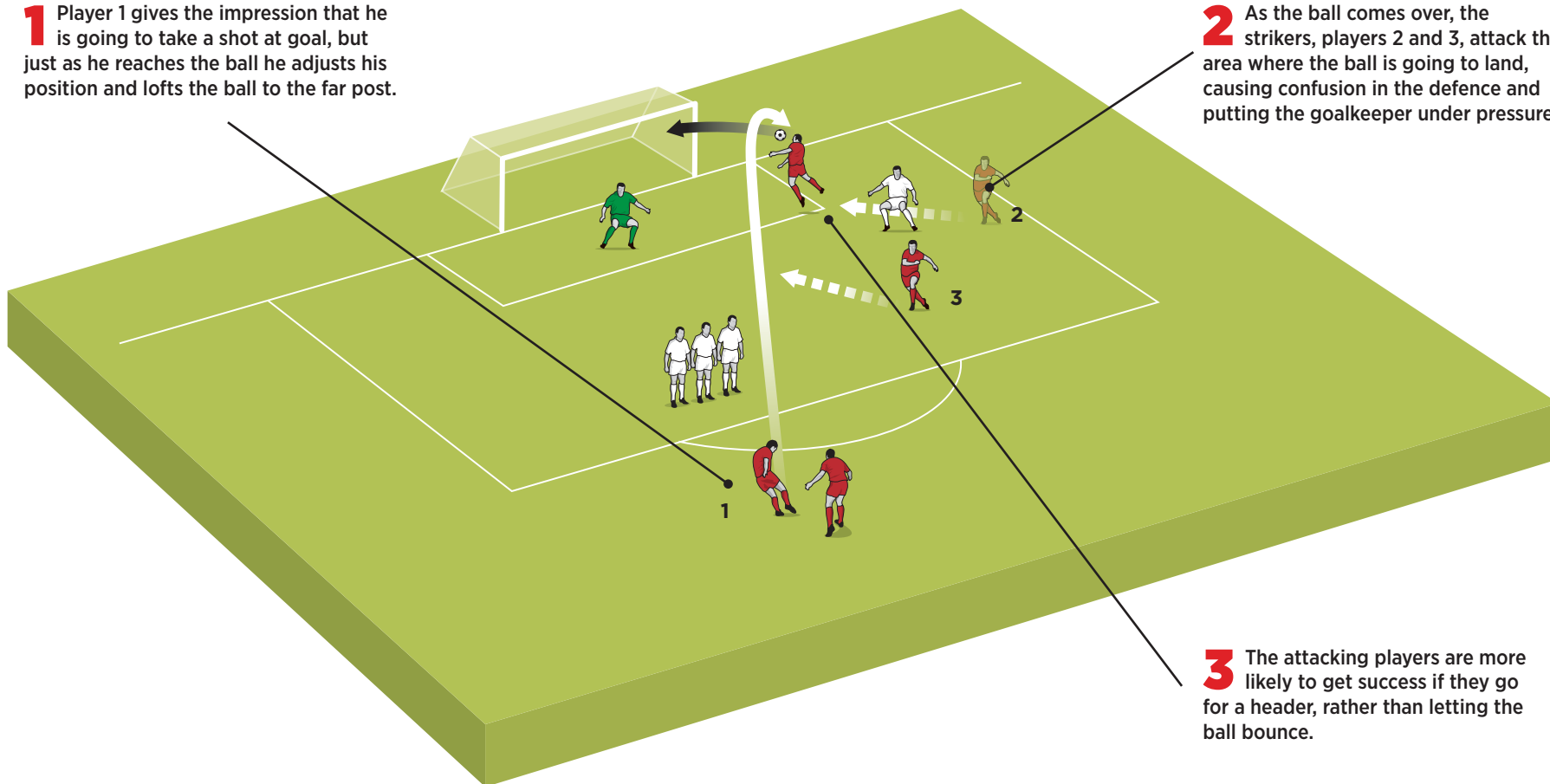
Play this one in or around the D of the penalty area. It needs to be central to get the disguise needed to take the opposition unawares.

This routine is susceptible to the counter attack, especially if the goalkeeper catches the ball early and throws it out quickly to his midfielders. So the attacking team must therefore be wary of pushing too many players forward and keep enough back to cover the counter offensive.

**1** Player 1 gives the impression that he is going to take a shot at goal, but just as he reaches the ball he adjusts his position and lofts the ball to the far post.

**2** As the ball comes over, the strikers, players 2 and 3, attack the area where the ball is going to land, causing confusion in the defence and putting the goalkeeper under pressure.

**3** The attacking players are more likely to get success if they go for a header, rather than letting the ball bounce.



Player movement

Ball movement

Run with ball

Shot

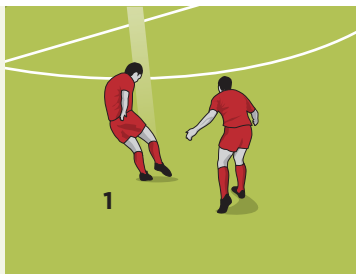
## PRESSURE POINTS

### DIFFICULTY RATING

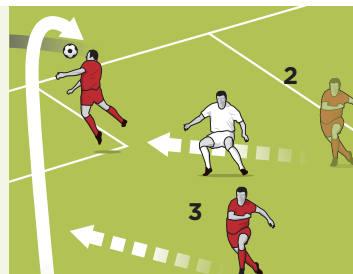


A fairly easy one to play. You need a good lofted kick but it doesn't need to be highly accurate. Get the ball in the general area of attack and the strikers will do the rest.

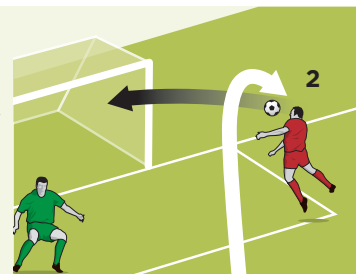
**A** Player 1's technique is important – he must shape up to shoot, but on approaching the ball swivel slightly, lean back and put a high ball to the far post.



**B** The attacking forwards must time their runs, get to the ball and make sure one of them is first to get his head on it.



**C** A glancing header should be enough to beat the goalkeeper, but players must be ready to pounce on any rebounds.



## THE COACH'S VIEW

Probably one of the easiest free kicks to trick opponents – just make sure that when the players over the ball decide to use it, the player who is trailing behind knows when and where to make his run.

This routine needs the free-kick taker to make a clever pass into the space that the trailer is going to attack. The kick can be worked either side of the pitch, it just needs a smart player who can time his run and hit an accurate shot from a moving ball that's coming across him.

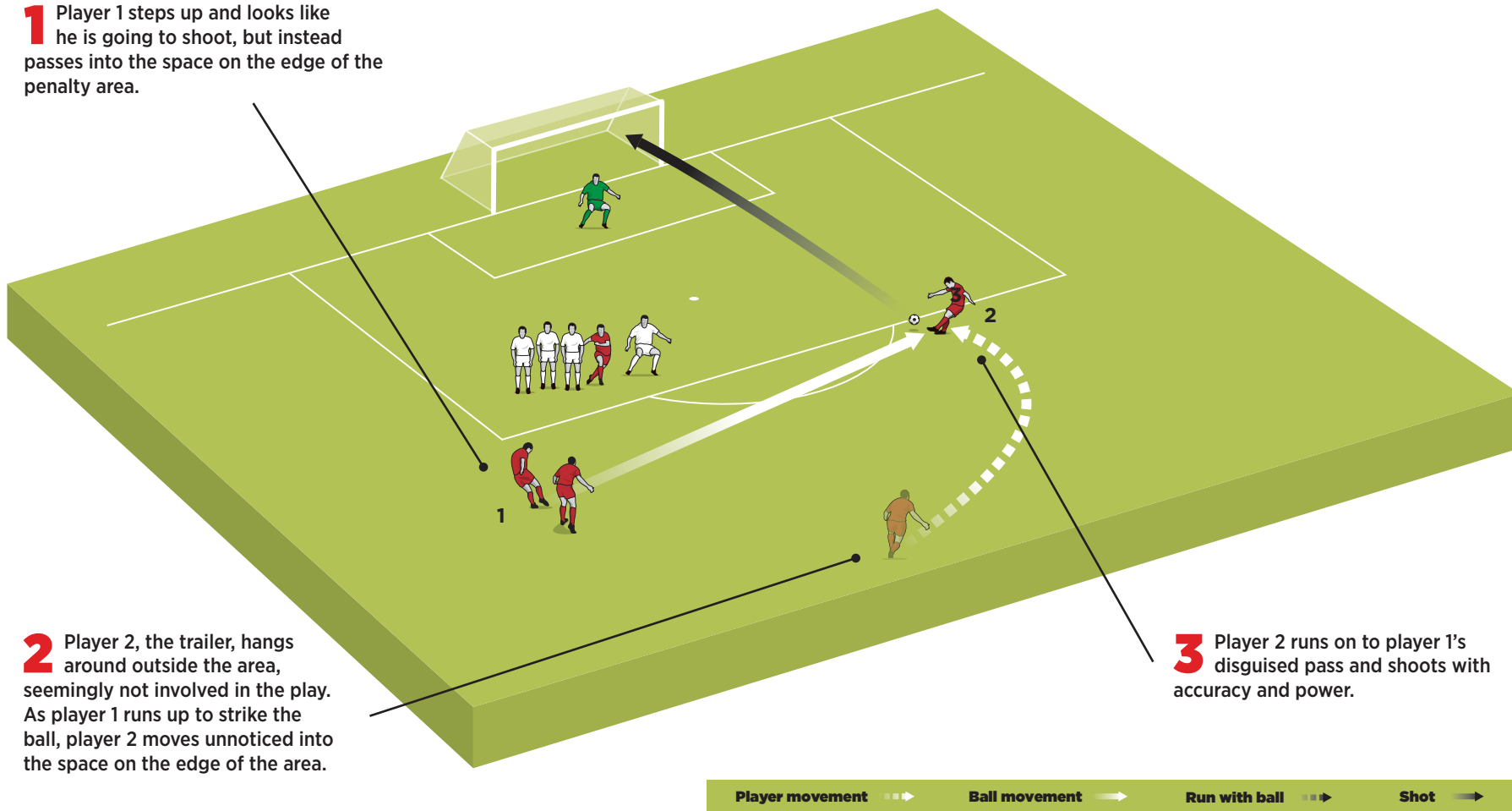
You might need to use a different trailer on either side of the pitch so that they can use their stronger shooting foot to hit the shot.

This free kick is open to a counter attack if the players are not communicating and the pass falls short of its target, so make sure everyone stays focused.

**1** Player 1 steps up and looks like he is going to shoot, but instead passes into the space on the edge of the penalty area.

**2** Player 2, the trailer, hangs around outside the area, seemingly not involved in the play. As player 1 runs up to strike the ball, player 2 moves unnoticed into the space on the edge of the area.

**3** Player 2 runs on to player 1's disguised pass and shoots with accuracy and power.



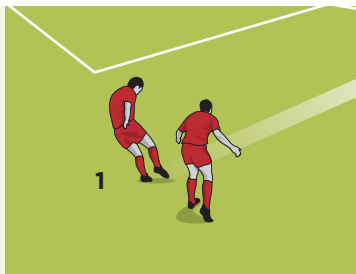
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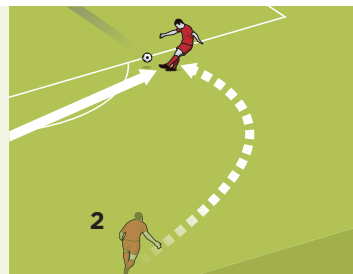


An easy kick as long as the players are communicating to each other what is going to happen. Does need a player with a strong shot.

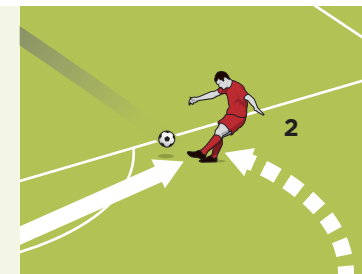
**A** Player 1 must deceive the defence by looking like he is going to shoot. He must then trust player 2 to move into the space where he passes the ball.



**B** The set piece relies on the movement and timing of player 2. He must run on to player 1's pass and get into a position to shoot.



**C** Player 2 must demonstrate good technique, getting over the ball to hit a powerful shot into the corner of the goal.



## THE COACH'S VIEW

This set piece works well from 20-25 yards out. It shouldn't be too central because you need an angle to create the space for your striker to shoot.

The whole sequence needs to be played in one fluid motion because any faltering and the opposition will be on top of you.

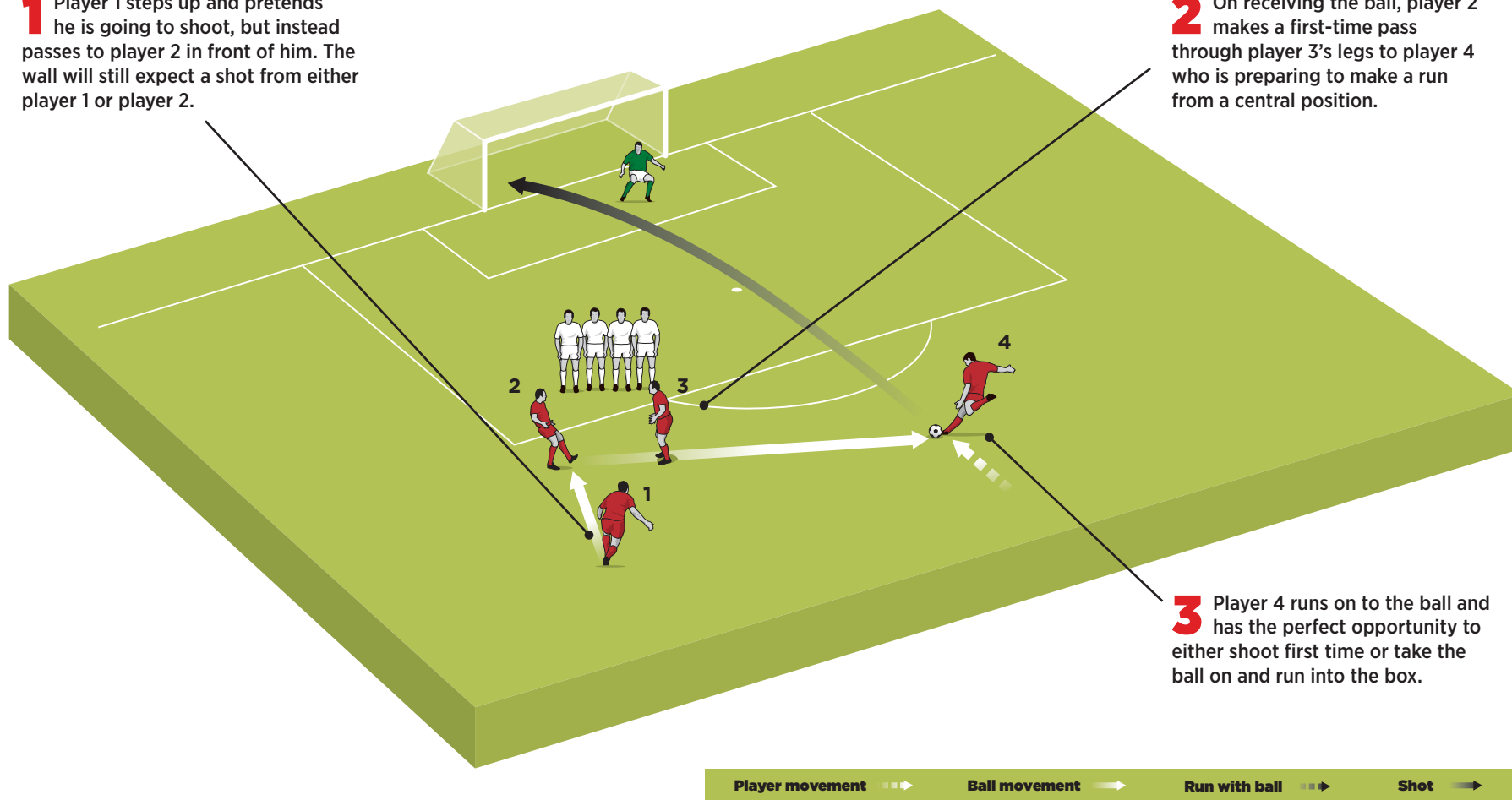
You can work the play from either side of the area. Just be sure that your striker is comfortable hitting a ball that is coming across him at pace. You might need to try one striker when the ball comes from the left and another when it comes from the right.

In most cases, this free kick ensures that the ball is not lost to a quick breakaway, because it either goes into the goal or out for a corner. However, make sure players are alert to the chance that something might go wrong.

**1** Player 1 steps up and pretends he is going to shoot, but instead passes to player 2 in front of him. The wall will still expect a shot from either player 1 or player 2.

**2** On receiving the ball, player 2 makes a first-time pass through player 3's legs to player 4 who is preparing to make a run from a central position.

**3** Player 4 runs on to the ball and has the perfect opportunity to either shoot first time or take the ball on and run into the box.



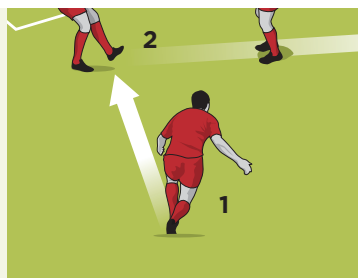
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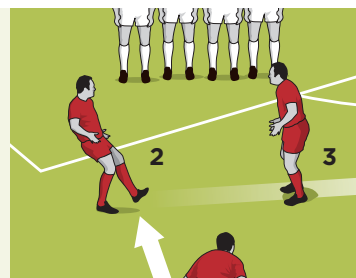


You need a high level of skill in your team to carry out this play successfully. It requires players with a combination of deceit, passing accuracy and shooting prowess.

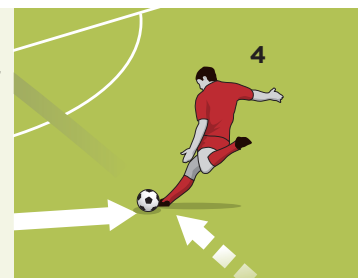
**1** As player 1 runs in, it's vital that his body language is telling the defenders "I'm going to shoot!". But then, just as he reaches the ball, he needs to adjust and play a soft, weighted pass to player 2.



**2** Player 2's pass is a key factor in the deceit. He doesn't have time to trap the ball, as the wall will be on to him, so he needs a swift accurate pass through player 3's legs before anyone's the wiser.



**3** Player 4's contribution is all about shooting power and accuracy, so you want to get your best striker in this position. He won't have much time to shoot, so he needs to be able to hold his nerve.



# Pinball wizard



corner kick • either side of goal

## THE COACH'S VIEW

This set piece can be used from a corner or from a free kick in a wide position where the opposition doesn't build a wall.

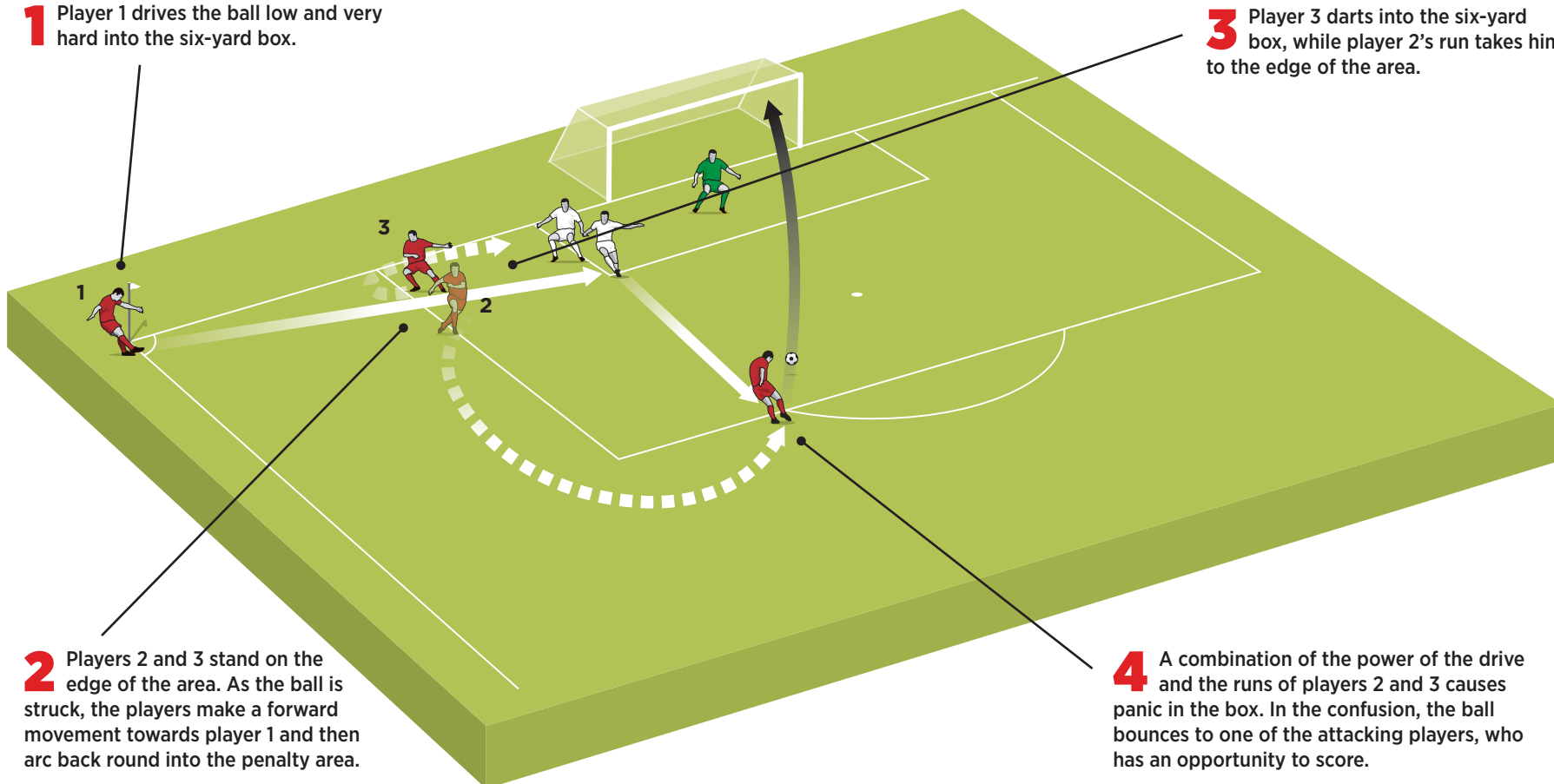
It's not a play that's guaranteed to result in a shot, but because of the confusion caused in the opposition's area, a scoring opportunity will often arise.

The key is that the forward movement of players 2 and 3 will initially drag the defenders towards them, then their quick turn into the box will mean the power drive should cause mayhem in the defence.

As the ball pings around the area like a pinball, due to rebounds or miskicks, the two attackers should get a chance to score.

The movement of player 2 means he will cover any balls that are cleared or reach any loose balls around the edge of the area.

**1** Player 1 drives the ball low and very hard into the six-yard box.



**3** Player 3 darts into the six-yard box, while player 2's run takes him to the edge of the area.

**2** Players 2 and 3 stand on the edge of the area. As the ball is struck, the players make a forward movement towards player 1 and then arc back round into the penalty area.

**4** A combination of the power of the drive and the runs of players 2 and 3 causes panic in the box. In the confusion, the ball bounces to one of the attacking players, who has an opportunity to score.

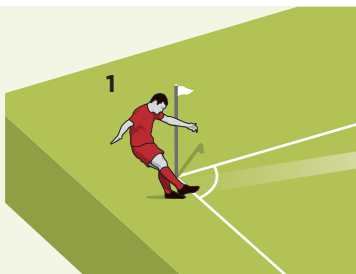
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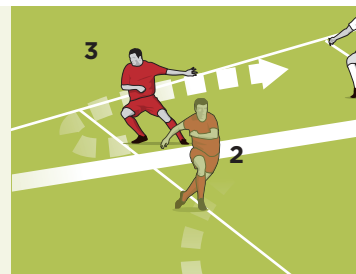


This is a great set piece for younger players because it's not too technical. All you need is a player with a good kick who can fire a low ball into the area.

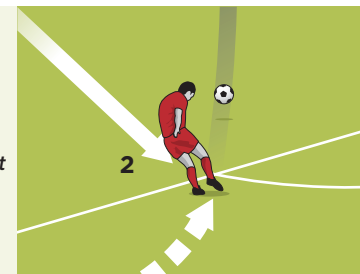
**A** A low drive with the laces is the best way to get success from this move. Player 1 should get his standing foot as close to the ball as possible and have his head over the ball as he kicks.



**B** Players 2 and 3 must get close together and move towards player 1 as he begins to run towards the ball. They must then turn and attack the box in one fluid movement.



**C** The success of the move means that the attacking players must be alert to any balls coming their way and use good technique to get a shot on target.





# Back to the future

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throw-in • final third • either side of goal

## THE COACH'S VIEW

I saw this set piece used by Manchester United in a Premier League game. Ryan Giggs and Patrice Evra combined in this unusual manner against Manchester City to catch the defence unawares and create a crossing opportunity.

Initially, the players must communicate that they are going to play this throw-in, so you should find a signal for this.

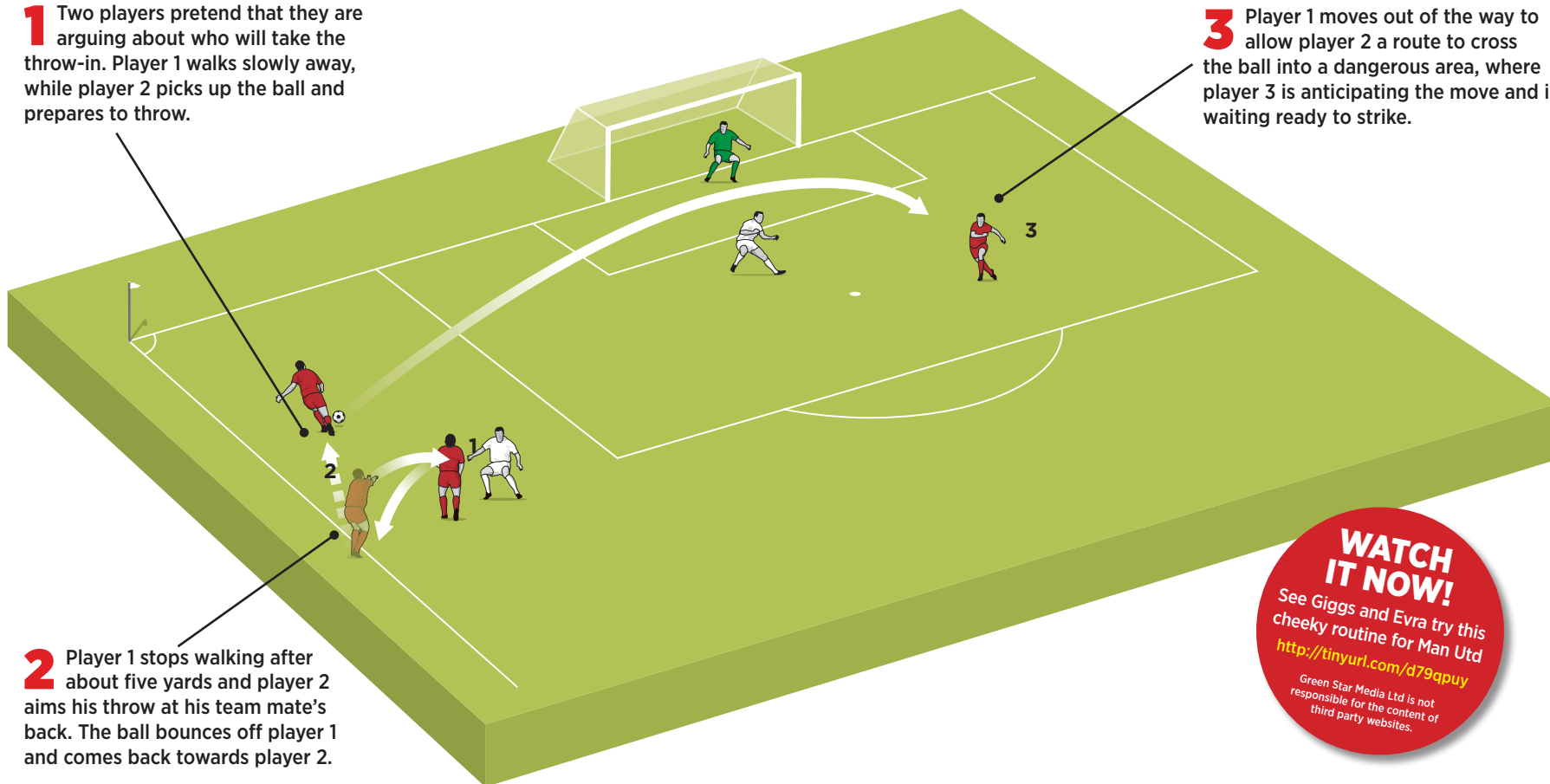
Two players should go to pick up the ball and make it seem like there's a bit of disagreement about what should happen next, as this will add to the element of surprise.

The key for the thrower is that he hits his team mate's upper back so that the ball bounces back a short way and doesn't fall too close to him.

**1** Two players pretend that they are arguing about who will take the throw-in. Player 1 walks slowly away, while player 2 picks up the ball and prepares to throw.

**2** Player 1 stops walking after about five yards and player 2 aims his throw at his team mate's back. The ball bounces off player 1 and comes back towards player 2.

**3** Player 1 moves out of the way to allow player 2 a route to cross the ball into a dangerous area, where player 3 is anticipating the move and is waiting ready to strike.



**WATCH  
IT NOW!**

See Giggs and Evra try this cheeky routine for Man Utd  
<http://tinyurl.com/d79qpuy>

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Player movement →

Ball movement →

Run with ball →

Shot →

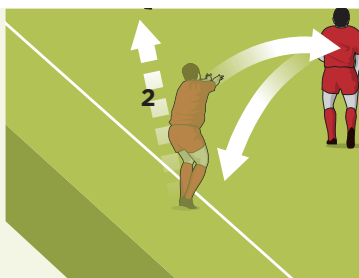
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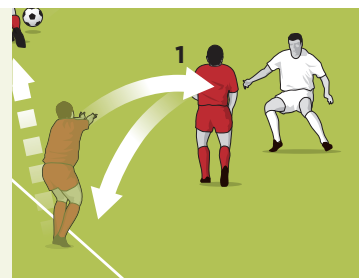


The technique to throw at a team mate's back must be within the rules or the chance is lost. This makes it a tricky set piece but still one that the younger players can master.

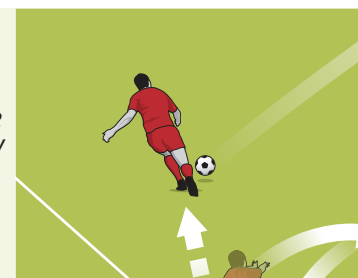
**A** Player 2 must make sure that, in his eagerness to take the throw, he doesn't foul throw by not getting the ball far enough behind his head.



**B** Player 1 needs to stiffen his back and tense his shoulders to provide a good target for the ball to bounce off. He also needs to be ready to move out of the way quickly.



**C** Speed is key to this set piece as the opposition will soon realise what has happened, so player 2 needs to move quickly and play the ball into a goalscoring position.



This free ebook is a sample from the best-selling manual

# **The Ultimate Soccer Set Piece Playbook**



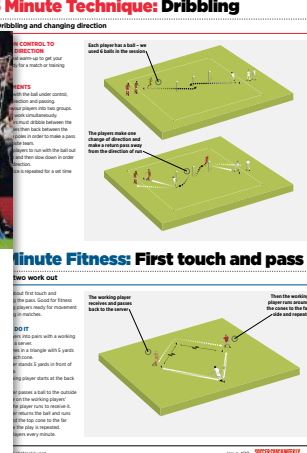
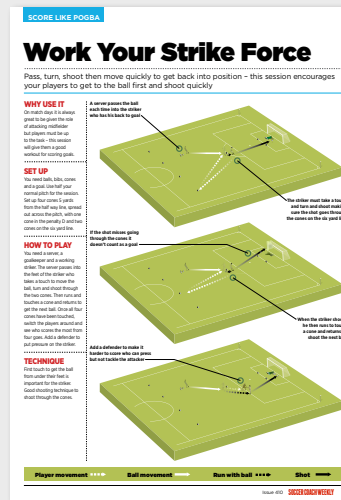
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