

GOALS

HOW TO HELP YOUR TEAM CREATE AND CONVERT CHANCES

Goals: Creating and Converting Chances

Run of Play

- **Chance Creation**
- **Counter Attack Opportunities**
- **Capitalizing on Opponents Mistakes**

Set Pieces

- **Corner Kicks**
- **Free Kicks**
- **Throw-Ins**



Are Set Pieces really that important?

Manchester City won the EPL with 106 goals

- **19% from Set Pieces**

Barcelona won La Liga and scored 99 goals

- **18% from Set Pieces**

Real Madrid, UEFA CL Winners, 2nd in La Liga with 94 goals

- **29% from Set Pieces**

Manchester United finished 2nd in the EPL and scored 68 goals

- **22% from Set Pieces**

Juventus won Serie A and scored 86 goals

- **26% from Set Pieces**

World Cup 2018

- **Set Pieces and Own Goals: Record #'s of both....Why?**

Corner Kicks

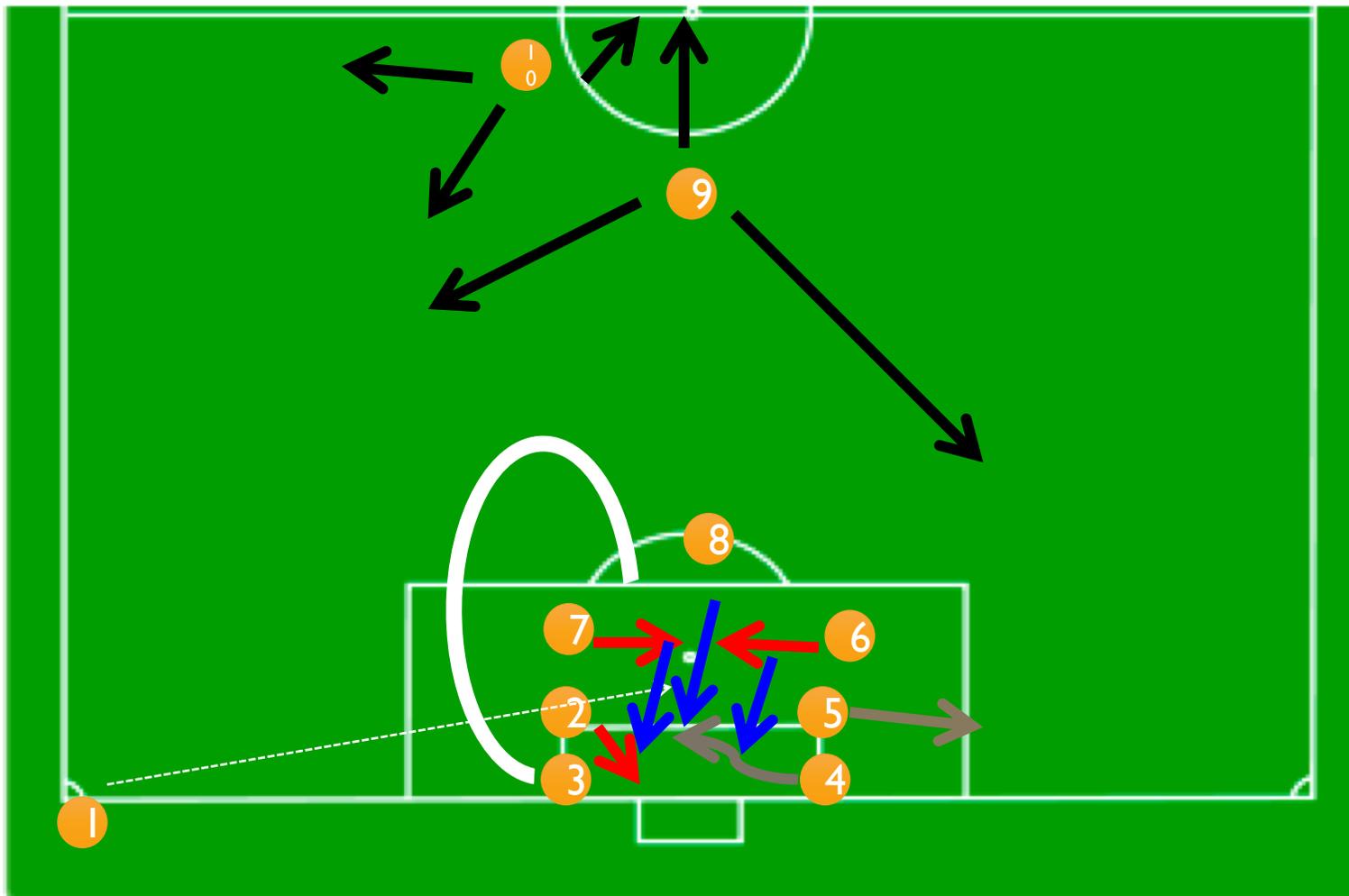
Things to consider when installing your plays

- **What does your team have to threaten?**
- **Ability to deliver service**
- **What will bother/disrupt your opponent**
 - **Strategic vs Tactical**
- **On which ball are you going to most dangerous?**
 - **1st**
 - **2nd**
 - **The Scramble**



ATTACKING CORNERS 2015

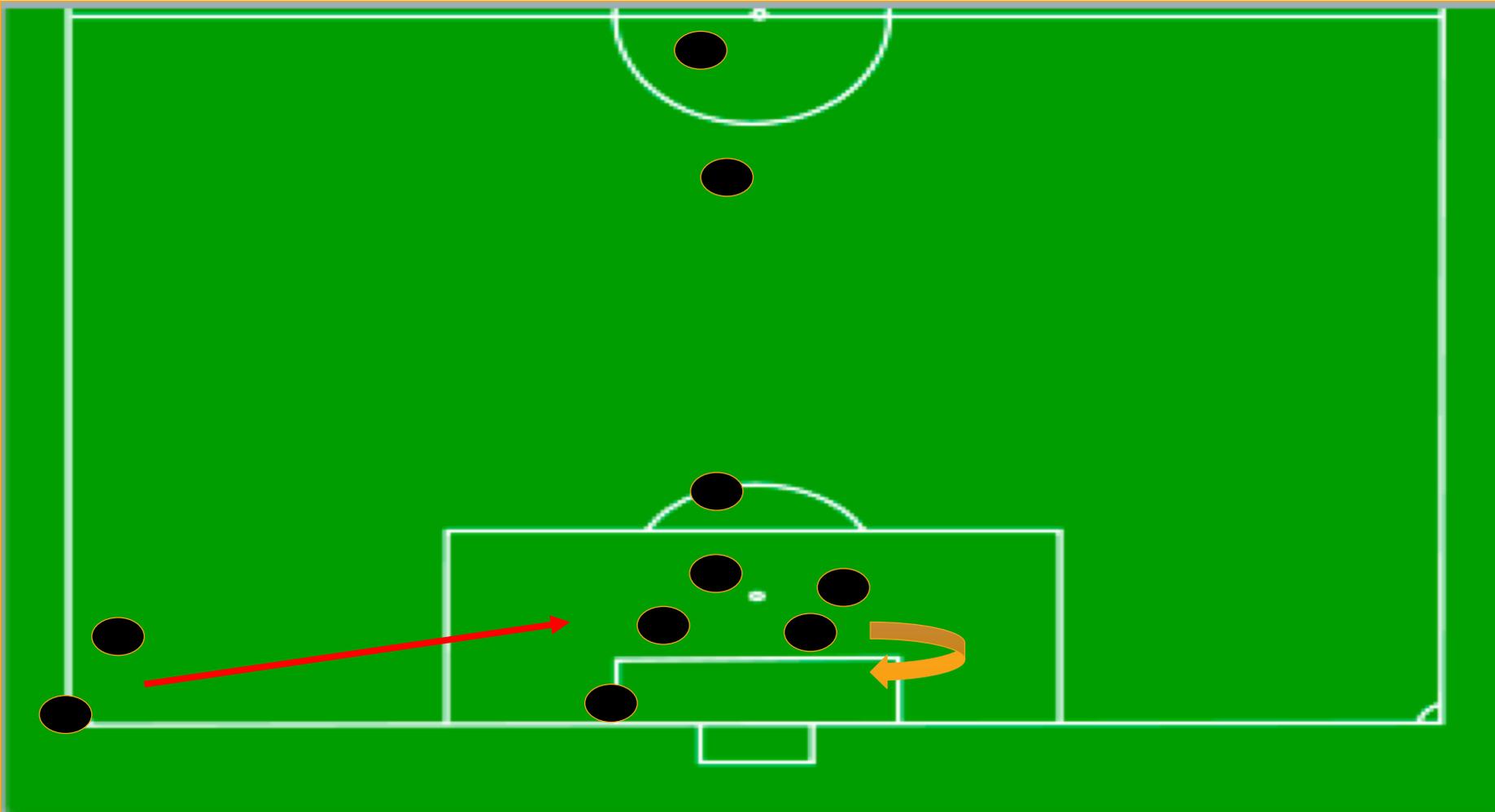
WE WIN IT OR THEY DON'T
CREATE SECOND/THIRD CHANCES...KEEP IT IN THE "MIXER"
DO YOUR JOB/ASSIGNMENT...SHARPLY!
PREVENT THE COUNTER, CHOP THE PLAY UP IF YOU HAVE TO





ATTACKING CORNERS 2016

WE WIN IT OR THEY DON'T
CREATE SECOND/THIRD CHANCES...PLAY "SECOND
CROSSES"
FIND A WAY TO SCORE
FIND THE SCRAPPY GOAL

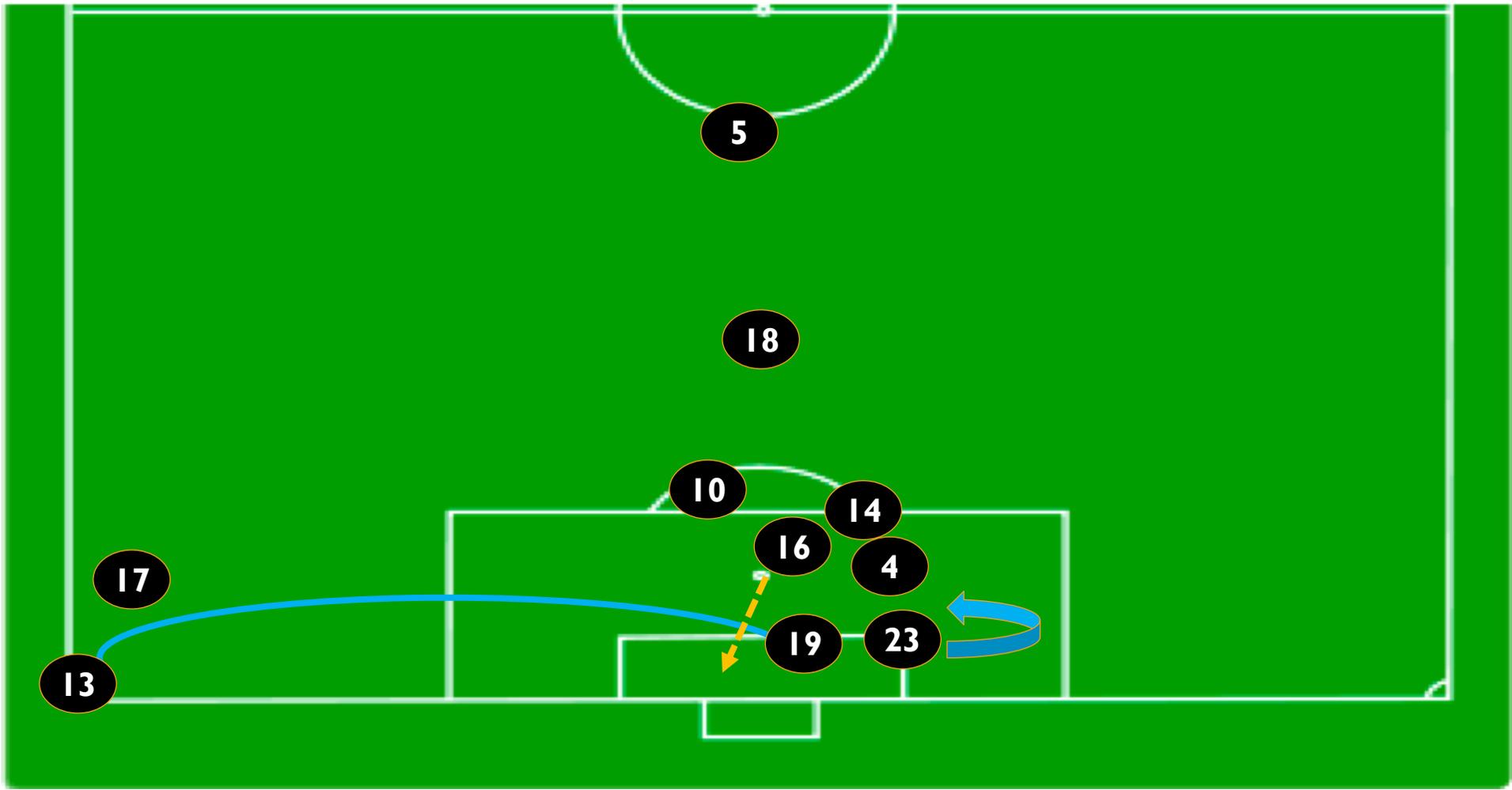




ATTACKING CORNERS 2017



IN-SWINGING SERVICE
CREATE SECOND/THIRD CHANCES...PLAY "SECOND
CROSSES"
FIND A WAY TO SCORE
FIND THE SCRAPPY GOAL



Throw-Ins

An average of 40 per game

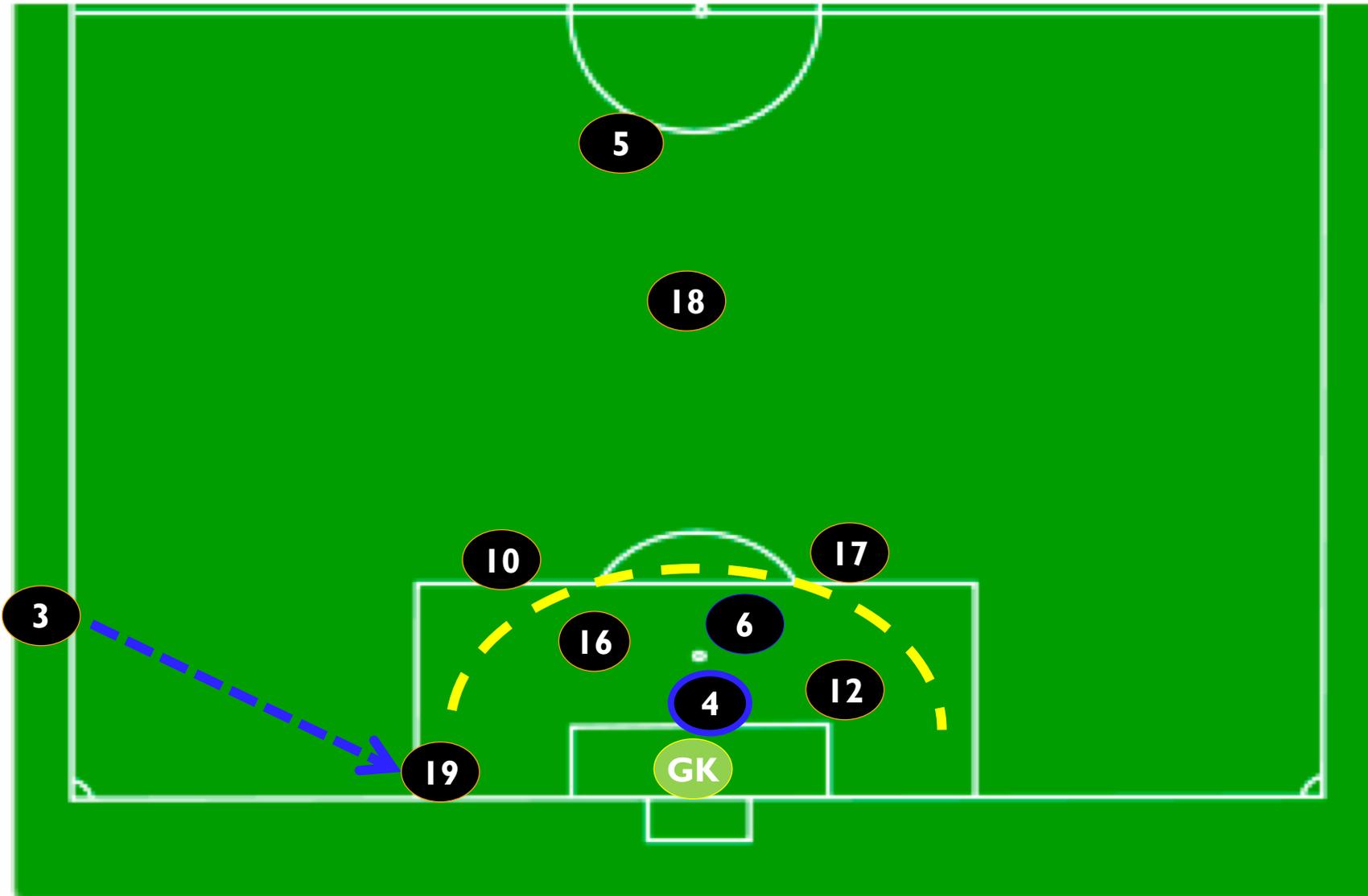
- **Set Piece or Maintain Possession**
- **A great way to change tempo**
 - **Speed of Play**
 - **Quick vs Measured**
 - **Long Throws**
 - **Set Patterns of Play from Throw-ins**





ATTACKING THROW IN

NO OFFSIDES
FIND THE SECONDS
2 FOR 1 SET PIECES



Free Kicks

An minimum average of 20 per game

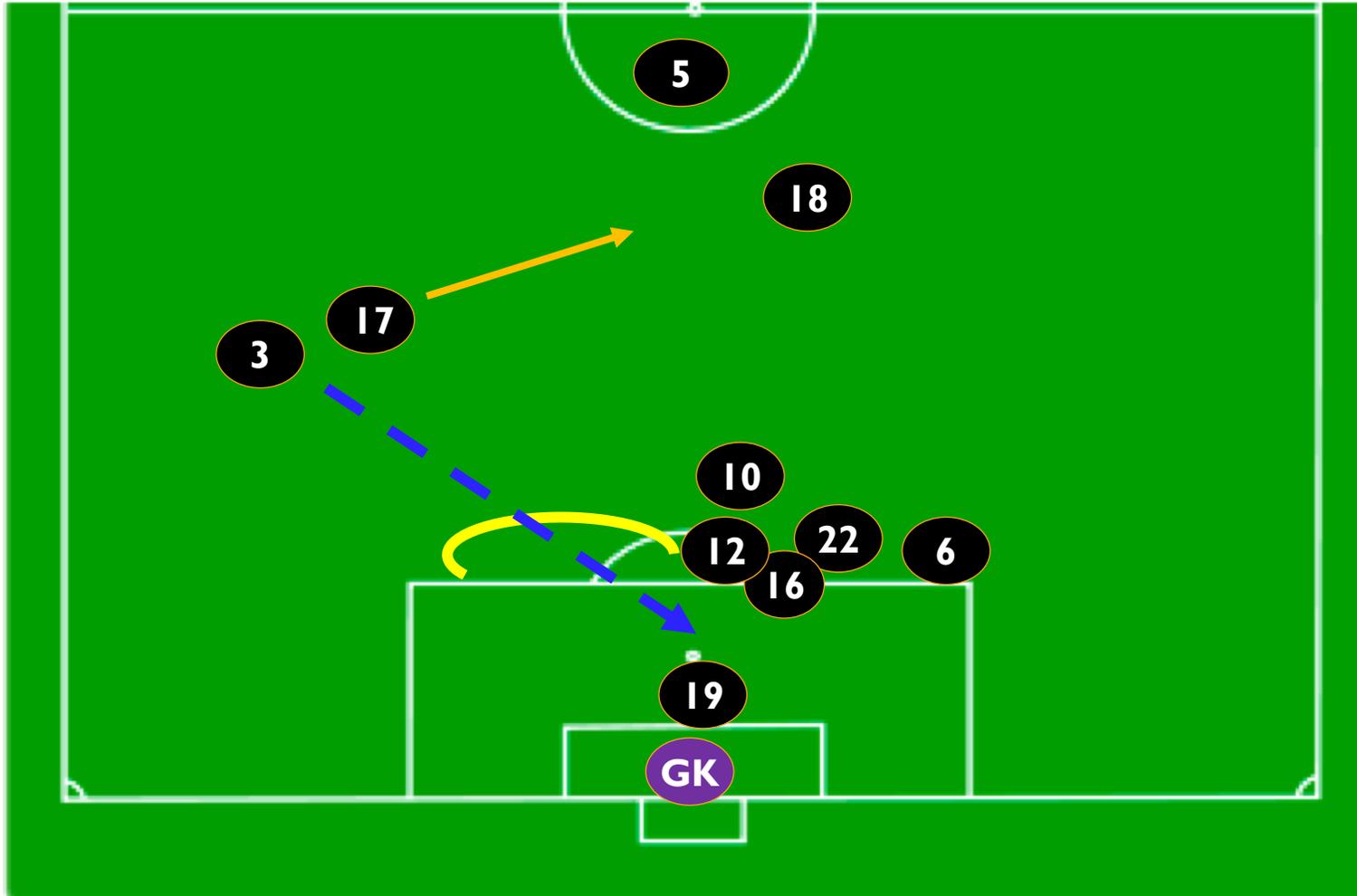
- **Can always become dangerous**
- **Set Piece or Maintain Possession**
- **A great way to change create chances**
 - **Shooting Chances**
 - **Services**

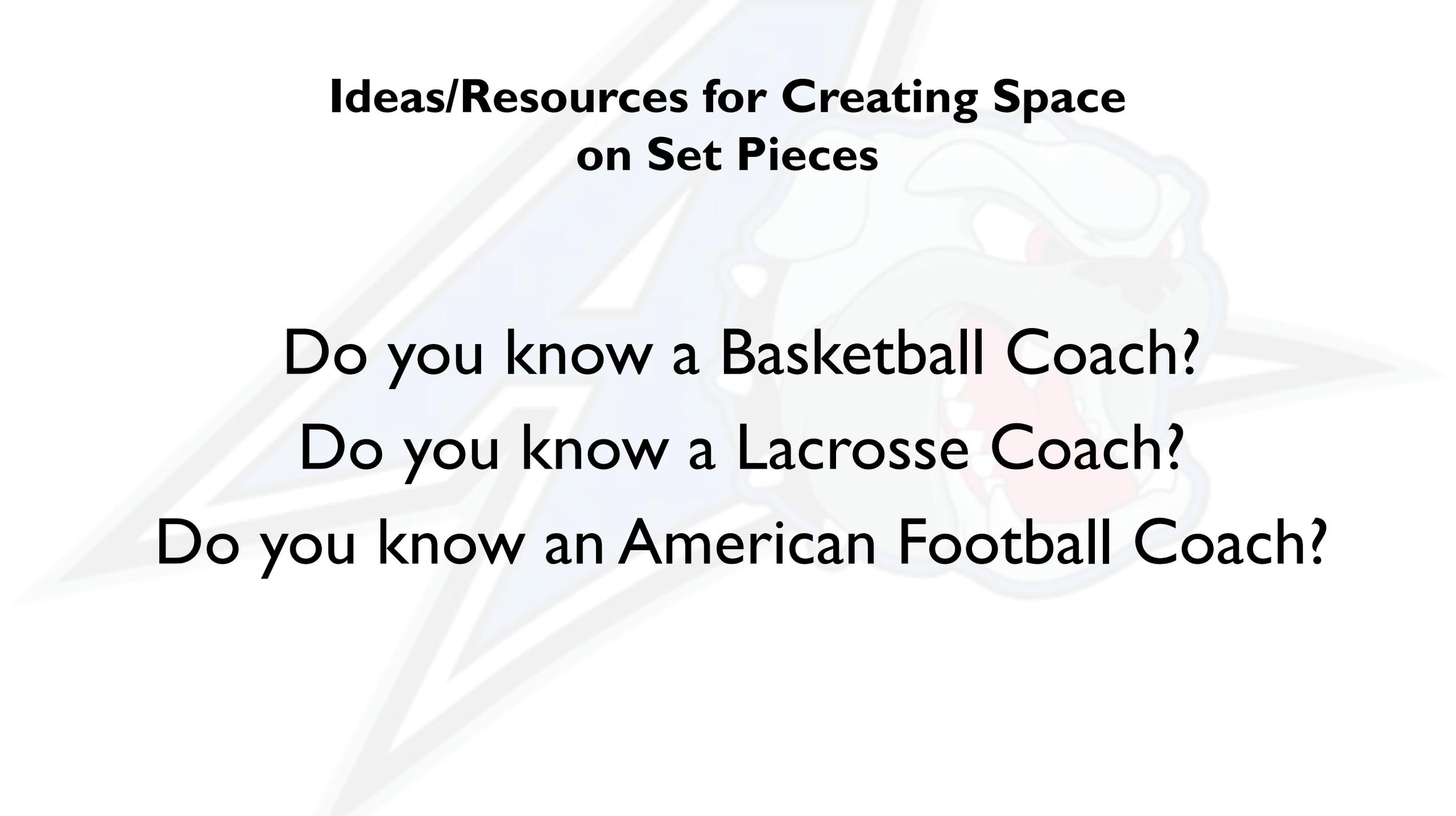


ATTACKING FREE KICKS



FRAME THE GOAL
CREATE 2ND CHANCES
GREAT TIME TO HIT OUR OPPONENT



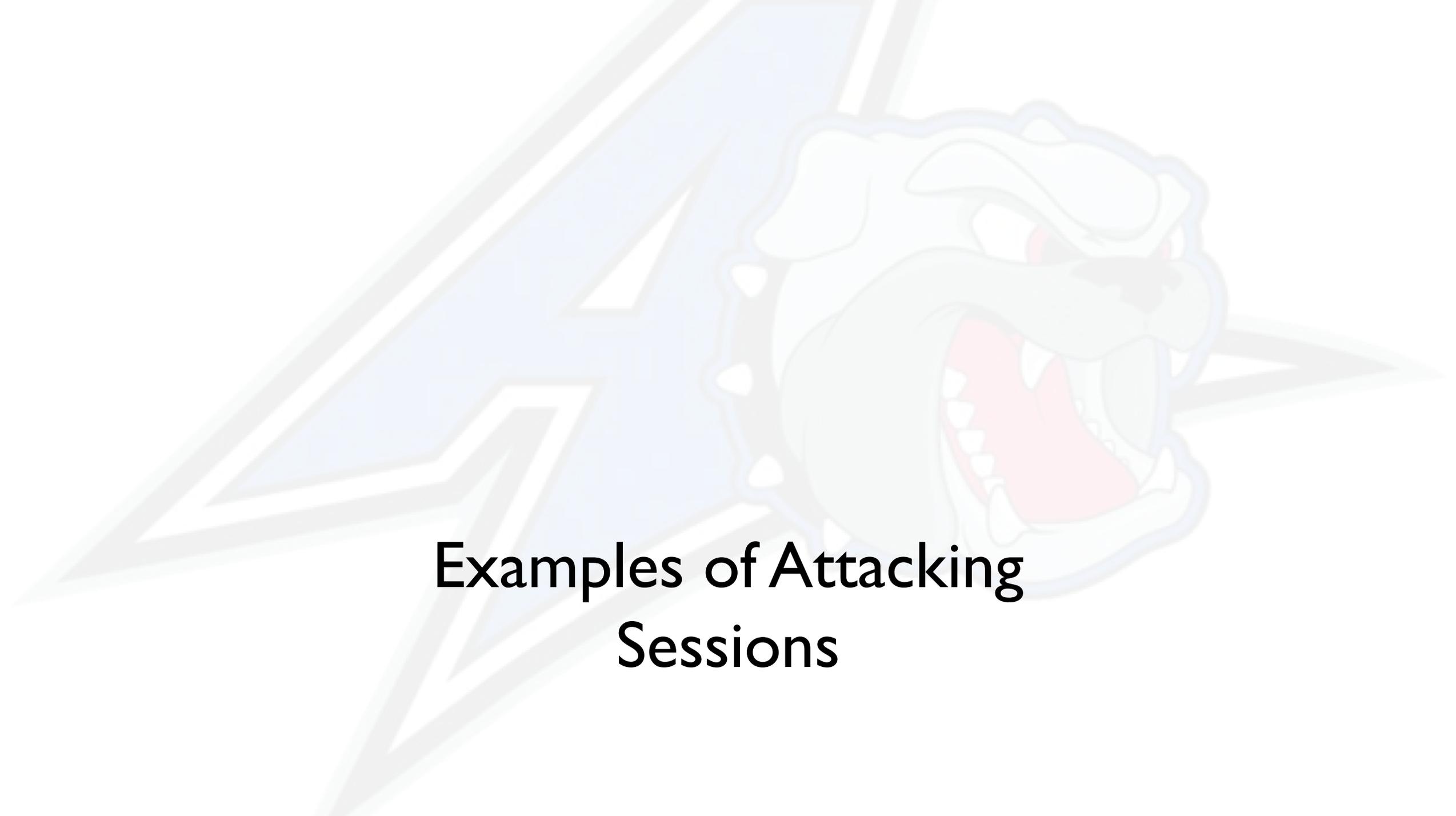


Ideas/Resources for Creating Space on Set Pieces

Do you know a Basketball Coach?

Do you know a Lacrosse Coach?

Do you know an American Football Coach?

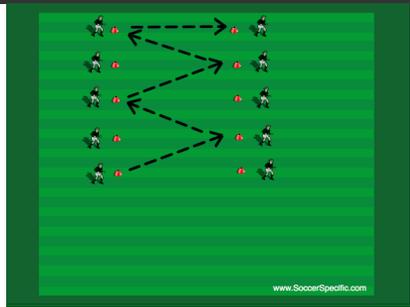


Examples of Attacking Sessions



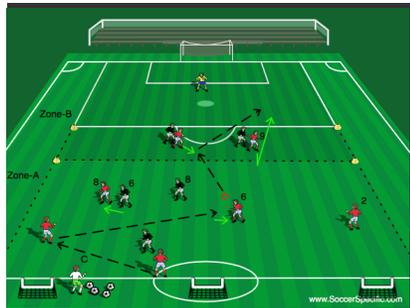
UNC Asheville MSOC DEVELOPING STRIKERS MOVEMENT

Date: Feb 23, 2018 | Duration: 90 min | Team: UNC Asheville MSOC
Intensity: ● (5/10) |



Setup: 10 cones; 5-7 Yards apart; 15 minutes duration for Warm-up/5 minutes for technical
Instructions: Standard Bulldog Warm-up then Technical Section with 2-3 Balls Passing
Coaching Points: Passing Directions:
1. L/R
2. R/L
3. 2 R
4. 2 L
5. Free Pass

1 ⌚ 20 mins 🏃 7 x 35



Setup: A 5v3 in Zone-A; 2v2 + GK in Zone-B. Defensive team (Black) are setup with 2 Central Defenders, 2 screening Central Midfielders and 1 Striker.
Instructions: Options:
In the Diagram Red (6) has pulled away from his marker and received a ball to feet; this enables the player to face in from and provide a passing option to then Strikers. Striker #9 has moved short and then exploded into the space; the 2nd Striker has moved short to receive a ball to feet - he then plays a one-touch pass behind the Central Defender into the path of #9.
Coaching Points: Zone-A: quick ball circulation and movement to create passing lanes to Strikers. Strikers: Explosive movements to receive or get behind C. Defenders. Drawing C, Defender to make contact and rolling / turning to shoot. Combinations with partner / Striker; move short to go long; move long to come short. One-Two combinations.

2 ⌚ 12 min 🏃 As shown



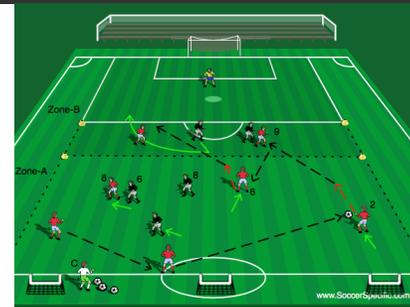
Setup: A 5v3 in Zone-A; 2v2 + GK in Zone-B. Defensive team (Black) are setup with 2 Central Defenders, 2 screening Central Midfielders and 1 Striker.
Instructions: Options:
In the Diagram Red (2) has received a pass in space. Striker #9 has moved to the ball and then pulled accelerated into the inside channel; the 2nd Striker has moved towards the ball (to drag the Central Defender inside) and has pulled away into the space with a bent run. #2 now has options to #9 or a lofted pass to the 2nd Striker in space.
Coaching Points: Zone-A: quick ball circulation and movement to create passing lanes to Strikers. Strikers: Explosive movements to receive or get behind C. Defenders. Drawing C, Defender to make contact and rolling / turning to shoot. Combinations with partner / Striker; move short to go long; move long to come short. One-Two combinations.

3 ⌚ 12 min 🏃 As shown



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Instructions: Combining with the Midfield Players.
Striker #9 has moved short to receive a pass to feet; he plays a one-touch layoff to supporting Midfielder (6); Midfield #6 receives the ball; this affects the position of Central Defender (4) - this allows the 2nd Striker to pull into the space to receive a pass from #6.
Coaching Points: Zone-A: Quick ball circulation and movement to create passing lanes to Strikers. Strikers: Explosive movements to receive or get behind C. Defenders. Drawing C, Defender to make contact and rolling / turning to shoot. Combinations with partner / Striker; move short to go long; move long to come short. Support play from Midfield players - moment / direction + speed of support play.

4 ⌚ 10-12 min 🏃 As shown



Setup: A 5v3 in Zone-A; 2v2 + GK in Zone-B. Defensive team (Black) are setup with 2 Central Defenders, 2 screening Central Midfielders and 1 Striker.
Instructions: Play begins with a pass from the Coach (C) to any of the Attacking (Red) players in Zone-A; these players must maintain possession in a 5v3 to create an opportunity to play forward to the Strikers. Defensive players (6 + 8) must work to block passes to the Strikers. On receiving passes, the Strikers target is to create scoring chances. Counter mini-goals are in play for the Defensive team.
Coaching Points: Zone-A: quick ball circulation and movement to create passing lanes to Strikers. Strikers: Vary movements to receive passes and/or create space for teammate. Strikers can/should look to use previous progression movements.

5 ⌚ 12 min 🏃 As shown



Setup: Self-Help
Instructions: Players have 15 minutes to work on any part of the game they choose.
Coaching Points:

6 ⌚ 15 mins 🏃 As Shown



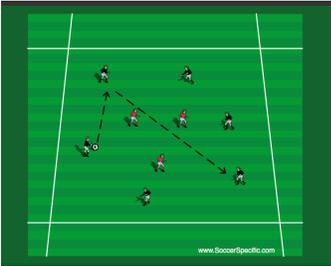
PRESSING HIGH / CREATING CHANCES IN FINAL 1/3

Date: **Feb 10, 2018** | Duration: **90 min** | Team: **UNC Asheville MSOC**
Intensity: ● (8/10) | Category: **Tech / Tact, Conditioning**



1

Setup: 10 cones; 5-7 Yards apart; 15 minutes duration
Instructions: Dynamic Warm-up
Coaching Points: Prepare bodies for training: Lunges, Side Lunges, Partner Circles, Partner Bumps, Skip Kicks, Knee Pull/Quad Stretch, Change of Direction; Dynamic Calf



2

🕒 10 mins 📏 12 x 12

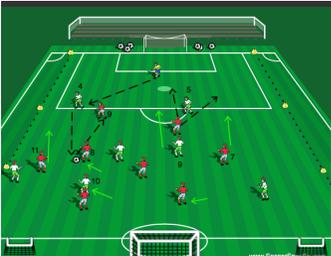
Setup: 6 v 3 in 12 x 12 space
Instructions: Play 6 v 3 and try to get to 15 passes
Coaching Points: Split the 3 whenever possible



3

🕒 6 x 4 mins 📏 Shown

Setup: Players organised as follows: White Buildup team - Goalkeeper + 2-2-3 / Red Defending Team - 3-3-2. **Red team plays without a Goalkeeper in the full-sized goal + 2 mini-goals.
Instructions: PRESSING HIGH / TRANSITIONS TO ATTACK:
Play begins each time with a pass from Goalkeeper; this is the 'cue' for the Red team to Press. Red team must apply immediate pressure on the ball as well as close passing options and ability for opponent to play long balls.
White team scores by -
1. 10 consecutive passes / 2. Passing into either mini-goal / 3. Long-ball into full-sized central goal (3 points). On winning possession, Red team is encouraged to attack immediately - develop the 'habit' of being direct to goal! Scoring within 6-seconds = 2



4

🕒 3 x 8 mins 📏 Shown

Setup: Players organised as follows: White Buildup team - Goalkeeper + 2-2-3 / Red Defending Team - 3-3-2. **Red team plays without a Goalkeeper in the full-sized goal + 2 mini-goals.
Instructions: PRESSING HIGH / TRANSITIONS TO ATTACK:
In the Diagram - White #4 has attempted a vertical pass to White #10 - this pass has been intercepted by Red #8. Immediately Red #8 has options to pass forward to #9. Other support players now break forward while the opponent is disorganised. Scoring within 6-seconds = 2 goals.



PRESSING HIGH / CREATING CHANCES IN FINAL 1/3

Date: **Feb 10, 2018** | Duration: **90 min** | Team: **UNC Asheville MSOC**
Intensity: ● (8/10) | Category: **Tech / Tact, Conditioning**



5

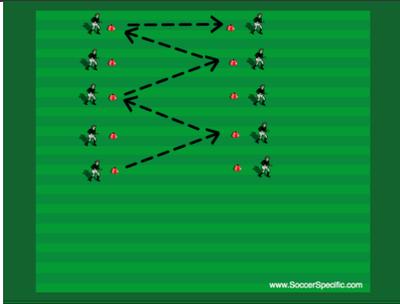
🕒 2 x 10 mins 📏 Shown

Setup: Players organised as follows: White Buildup team - Goalkeeper + 4-2-3-1 / Red Defending Team - 3-5-2. **Red team plays without a Goalkeeper in the full-sized goal + 2 mini-goals.
Instructions: PRESSING HIGH / TRANSITIONS TO ATTACK:
Progression from Previous Activity - Playing area increased to full width of pitch.
*Addition of Fullbacks + Striker for White team. *Addition of Central Defenders for Red team. Play begins with a pass from Goalkeeper - this is the 'cue' for the Red team to Press. White team must attempt to score in the mini-goals or with flighted long-balls to the central full-sized goal. Red team must win possession and immediately transition to attack.
Coaching Points: Immediate pressure on opponent - deny long-ball option to central



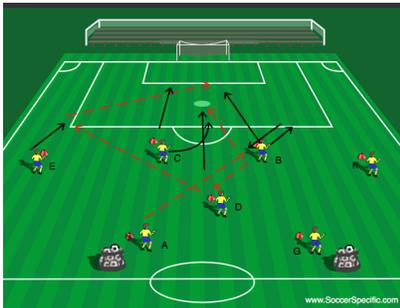
UNCA Finishing Session

Date: **Mar 28, 2018** | Duration: **80 mins** | Team: **UNC Asheville MSOC**
Intensity: ● (6/10) | Category: **Tech / Tact**



Setup: 10 cones; 20 x 20 space; 15 minutes duration for Warm-up/5 minutes for technical passing
Instructions: Standard Bulldog Warm-up then Technical Section with 2-3 Balls Passing Routine
Coaching Points: Passing Directions:
1. L/R
2. R/L
3. 2 R
4. 2 L
5. Free Pass

1 ⌚ 20 mins 📏 40 x 7



Setup: As shown
Instructions: Ball #1: A plays a checking B; who combines with a slashing C for a 1/2 touch finish
Ball #2: A plays a checking B who bounces to D; who then plays wide for E. E serves in 1/2 touch a flighted service for B,C,D. Repeat through G and F
Coaching Points: Ball #1: B should play pass for C towards PK spot.
Ball #2: D should move 1st touch and be moving when playing E

2 ⌚ 12 mins 📏 As Shown



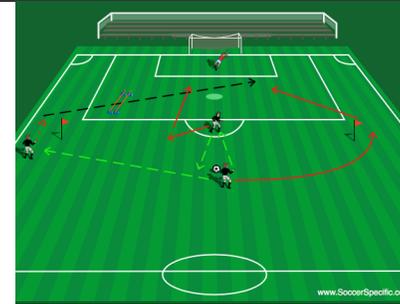
Setup: As shown.
Instructions: Ball starts with A who finds checking forward B, who bounces to C. C plays 1 time if possible for D who serves in 1/2 touch for B/E/F who are running into the box.
Coaching Points: Flighted service to find B/E/F.
A and C must trail play for rebounds.
Alternate sides for service.

3 ⌚ 12 mins 📏 As Shown



UNCA Finishing Session

Date: **Mar 28, 2018** | Duration: **80 mins** | Team: **UNC Asheville MSOC**
Intensity: ● (6/10) | Category: **Tech / Tact**



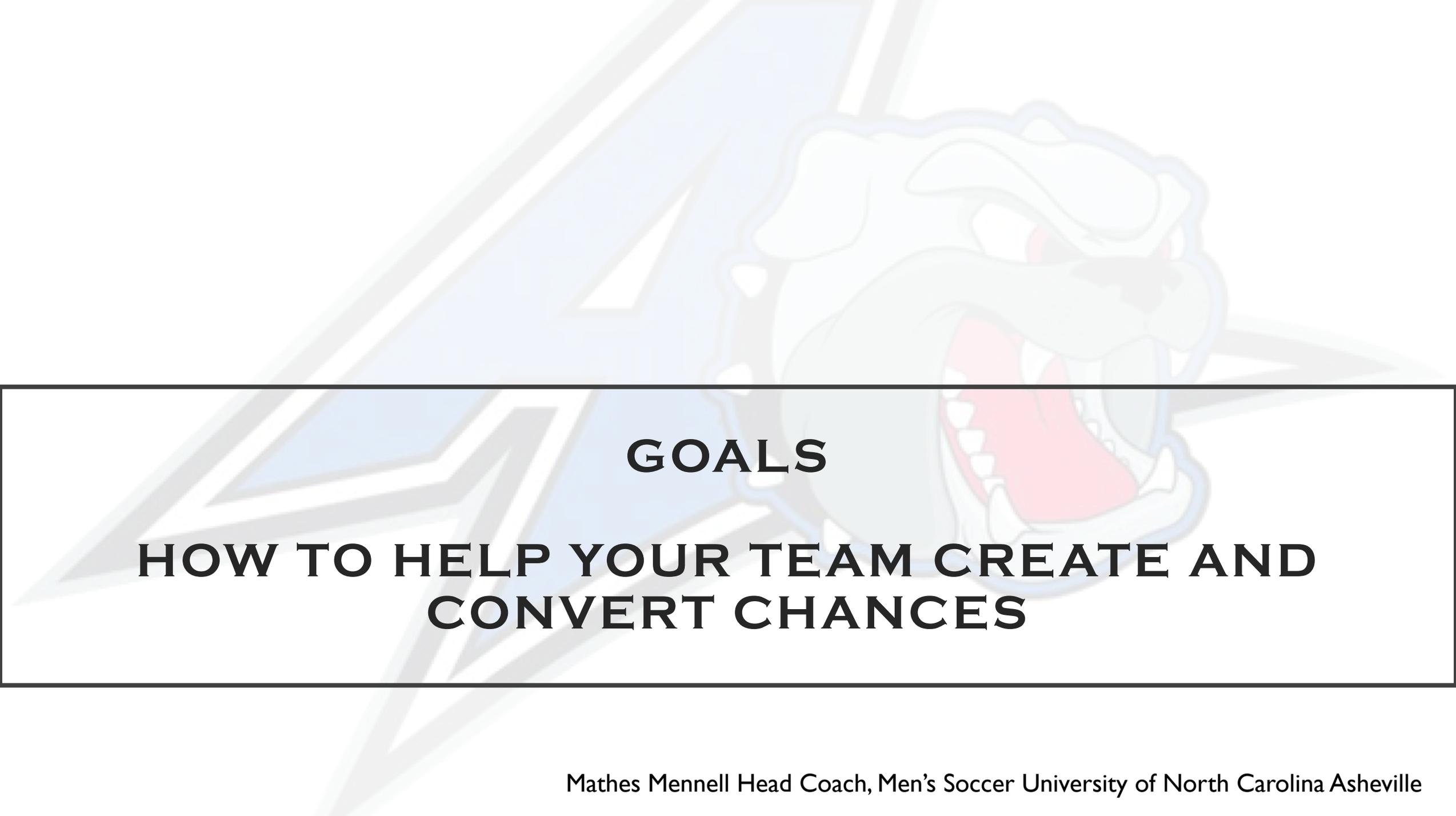
Setup: 2 Flags, One bench, 20 Balls, 1 large goal
Instructions: Ball is played into target, bounced then played wide. Wide player plays first touch past flag and serves (flighted) on the 2nd touch for one of two runners in the box.
Coaching Points: 2 touch service; play for both sides.

4 ⌚ 12 mins 📏 As Shown



Setup: Grid is 60 x 50
Instructions: 90 sec periods; then outside players and inside players switch roles
2 Teams of 10-12 plus GK's
Wide bonus players can play in 1 or 2 touch; but if they decide to take 2 touches, then ball must be played via flighted service.
Vertical targets must play in 2 touches to wide bonus players for play.
Coaching Points: Target players can join game if played in. They are unlimited but have to receive pass outside the grid.

5 ⌚ 20 mins 📏 50 x 60



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