



ASSIGNMENT 2

COMPLETED AS A.....

GROUP

DEFENDING SET-PLAYS

WITHIN YOUR GROUP TOPIC, CREATE A TACTICAL PROGRAM, SUPPORTED BY VISUAL EVIDENCE (IMAGE/VIDEO), ON HOW TO DEFEND SET PLAYS WITHIN A TEAM SET UP

USING THE 2012 MANCHESTER UNITED SQUAD



**THE FOLLOWING CLIPS
SHOW WHY SET-PLAY
PREPARATION IS VITAL**

Press esc to exit full screen



GENERAL RULES



- 43% OF GOALS SCORED IN 2018 WORLD CUP, SCORED FROM SET PLAYS
- GK MUST ORGANISE EARLY-
LOUD/CONCISE/EFFECTIVE INFORMATION
- ORGANISATION/PREPARATION/REPETITION VITAL TO DEFEND WELL
- OPPOSITION RESEARCH- PLAN FOR VARIATION
- THE 4x C'S OF DEFENDING SET PLAYS-
COMMUNICATION/COMMITMENT/CONCENTRATION/COMPOSURE
- FIRST CONTACT
- PROFILE PLAYERS- PREFERENCE
- TEAM PHILOSOPHY



PROFILING



TASK WITHIN DEFENSIVE SET UP

1

2

3

4

5

MAN MARKING

ZONAL

EDGE OF BOX

STAY UP

1- NOT CONFIDENT

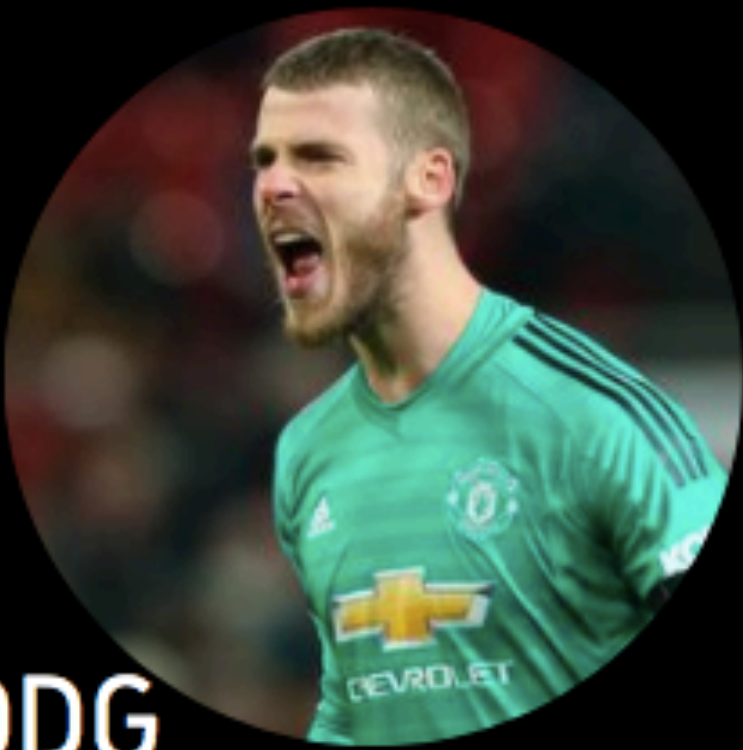
2- ABILITY LIES ELSEWHERE

3- WOULD LEARN TO FULFIL ROLE

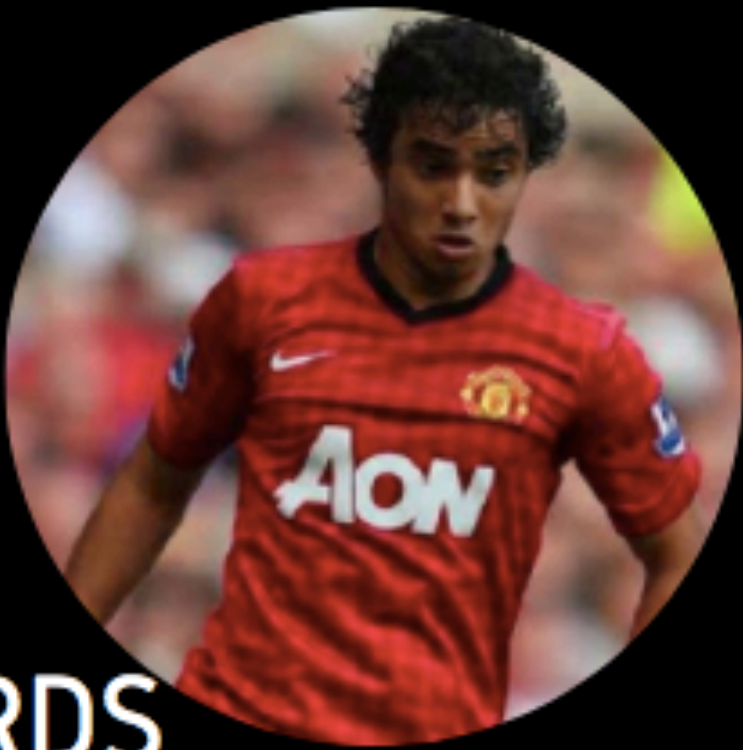
4- CAN DO THE JOB

5- I AM THE MAN FOR THE JOB

INDIVIDUAL ROLES



DDG



RDS



PE



RF



NV



MC



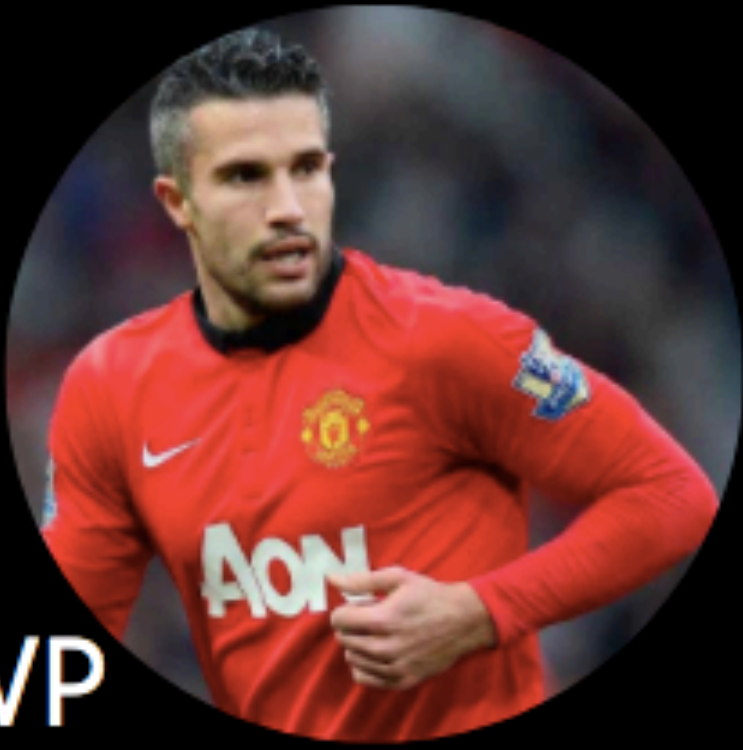
PS



AV



WR



RVP



AY



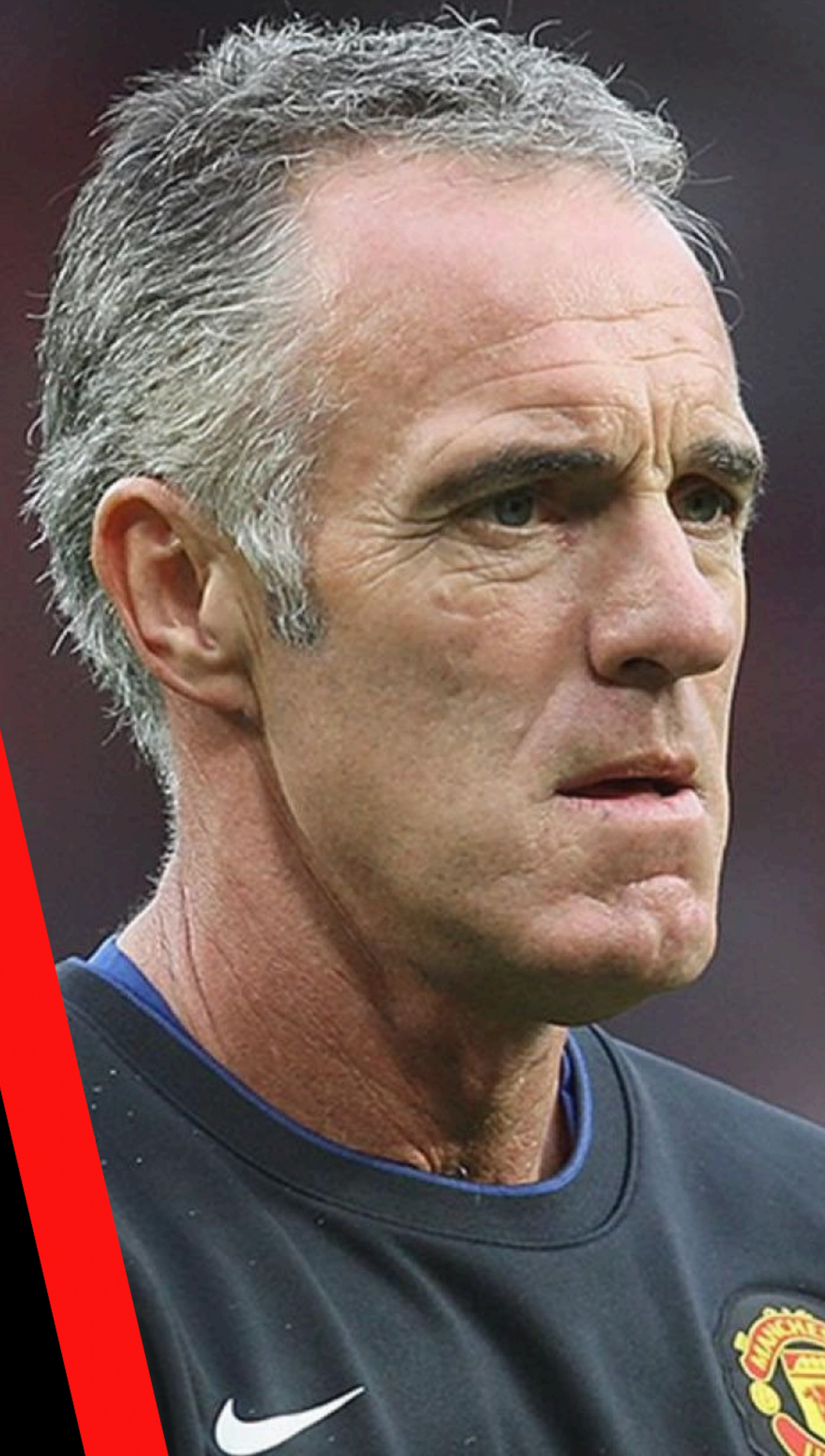
RG

PLAYER ROLES
DISCUSSED &
DECIDED UPON,
WITH INDIVIDUAL
CHARACTERISTICS
CONSIDERED

BREAKOUT ROOM TASK

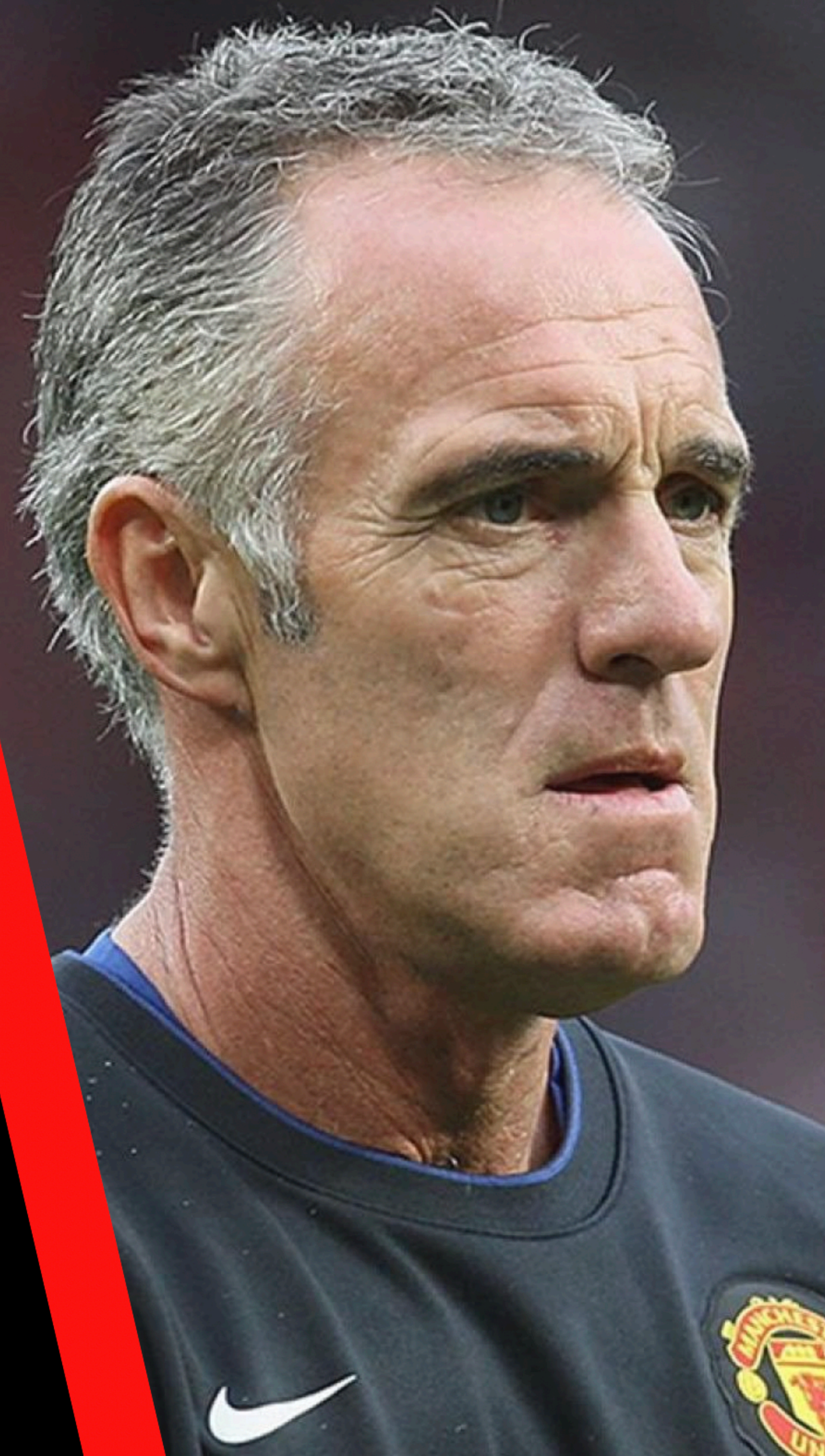
NAME 6x DIFFERENT
METHODS A COACH CAN
USE, TO PREPARE THEIR
TEAM FOR SET-PLAYS?

3 MINUTES.....



ANSWERS

- VIDEO
- CLASSROOM
- SUBBUTEO
- TACTICS BOARD
- WALK THROUGH ON PITCH
- SSG





IMPLEMENTING THE PROGRAM

- STAFF MEETINGS
- PLAYER MEETINGS
- ON / OFF PITCH PREPARATION
- MATCH DAY COMMUNICATION
- PLAYER OWNERSHIP (SUBSTITUTIONS)



TOPICS...



GROUP
1

DEFENDING CORNER KICKS USING
ZONAL SET UP

CONSIDERATIONS WITHIN ZONAL SET UP



- PHILOSOPHY OF THE TEAM- CONSISTENT MESSAGE
- BOTH POSTS DEFENDED
- WHERE ARE THE BEST HEADERS PLACED- 1ST LINE
- BLOCKERS IN THE 2ND LINE
- PLAYER IN NEAR POST SPACE- TALL/GOOD HEADER OF THE BALL
- EVERYBODY BACK?
- PLACEMENTS FOR SHORT CORNER
- INSWINGER/OUTSWINGER?
- HISTORY OF OPPOSITION
- INDIVIDUAL ROLES DEFINED
- POSITION OF GK
- PREPARED TO ADAPT
- CONTINUITY IN APPROACH



DEFENDING CORNERS ZONAL

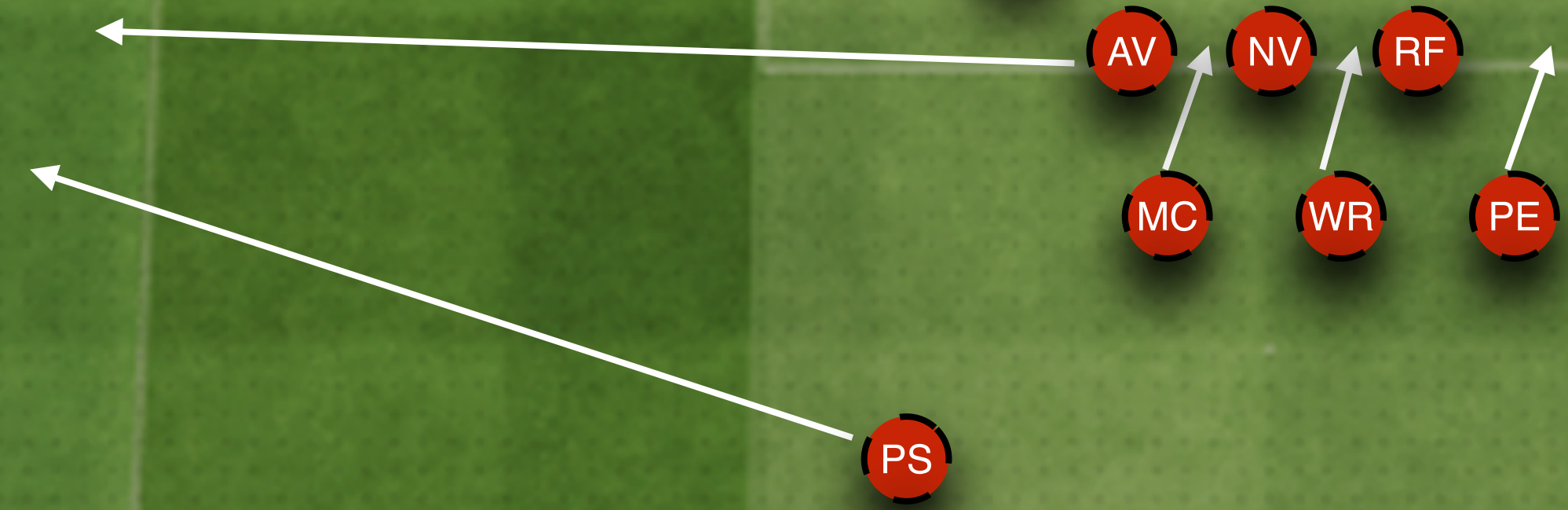
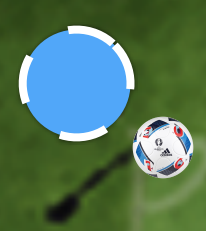
ROLES

- RVP DEFEND NEAR POST AREA/DROP ONTO POST
- RDS DEFEND POST
- AV ZONAL
- NV ZONAL
- RF ZONAL
- MC BLOCKER
- WR BLOCKER
- PE BLOCKER
- PS SHORT CORNER/EDGE OF BOX
- RG STAY UP/DROP IN FOR 2ND BALL

KEY POINTS

- Organise Quickly
- Block opposition
- Communication
- Attack The Ball
- 2nd Phase

- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE



TOPICS....

GROUP
2



DEFENDING CORNER KICKS USING
MAN TO MAN MARKING

CONSIDERATIONS WITHIN MAN MARKING SET UP



- GOAL DEFENDED- BOTH POSTS?
- NEAR POST SPACE?
- BLOCK OR TOUCH MARK?
- INDIVIDUAL ROLES DEFINED
- INDIVIDUAL MARKERS RECOGNISED
- STAY WITH PLAYER IN 2ND PHASE
- KNOW YOUR ROLE
- LEAVE 1 PLAYER UP?
- GK ORGANISATION



MAN MARKING/PART ZONAL

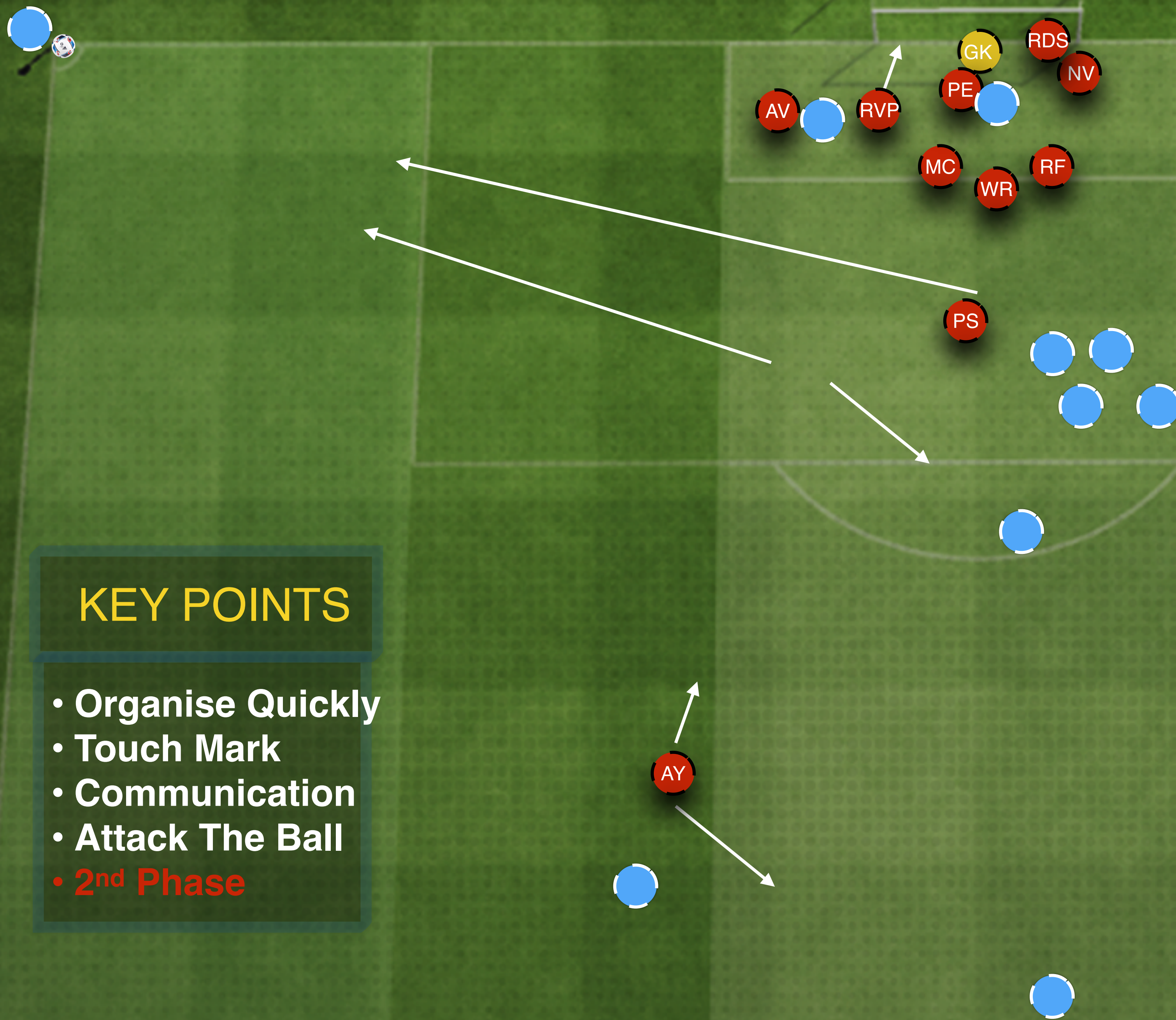
ROLES

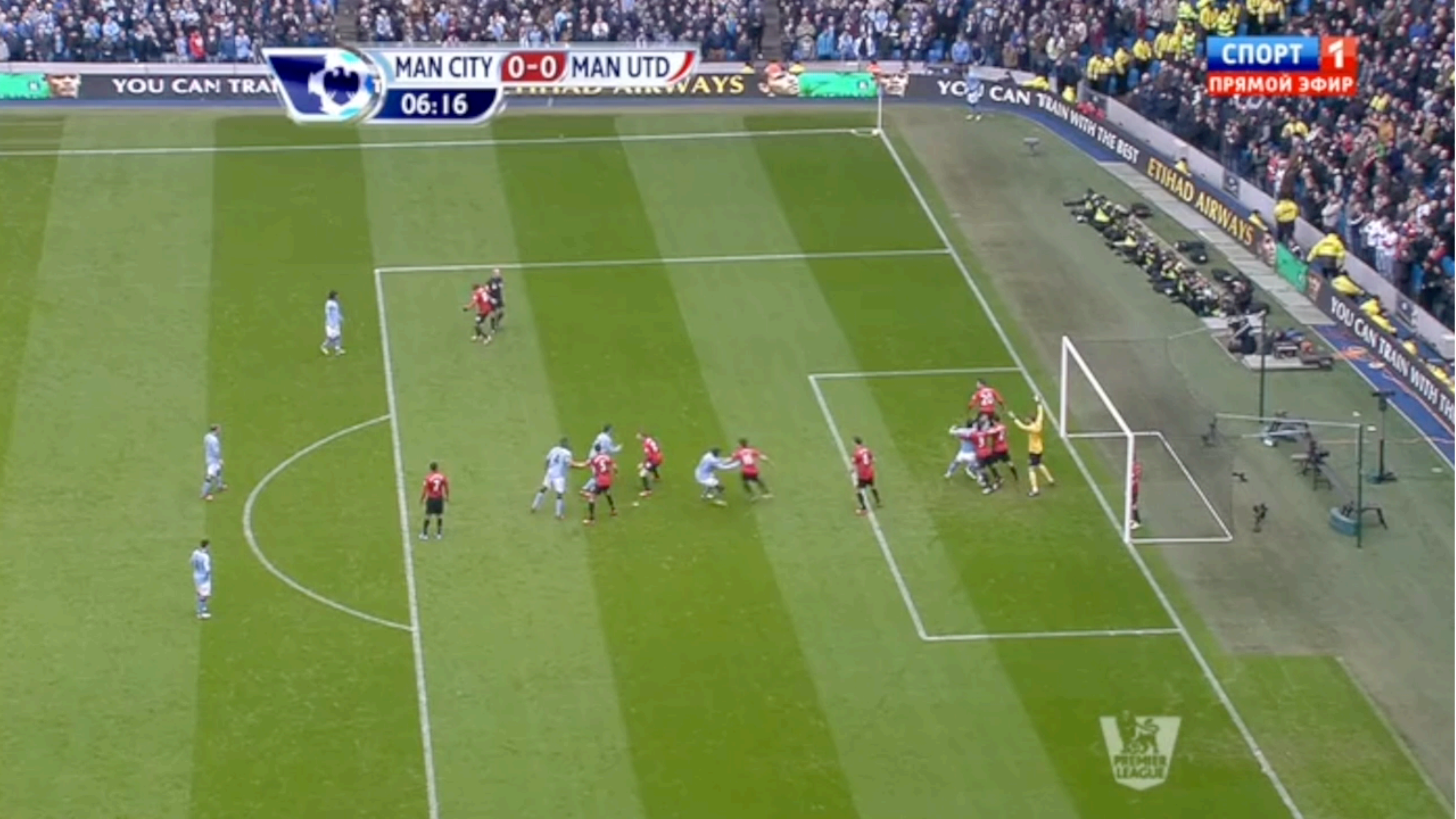
RVP	DEFEND NEAR POST AREA/DROP ONTO POST
RDS	DEFEND POST
AV	MARKING OPPOSITION/SHORT CORNER
NV	MARKING OPPOSITION
RF	MARKING OPPOSITION
MC	MARKING OPPOSITION
WR	MARKING OPPOSITION
PE	MARK PLAYER ON GK
PS	SHORT CORNER/EDGE OF BOX
AY	STAY UP/DROP IF SHORT CORNER

KEY POINTS

- Organise Quickly
- Touch Mark
- Communication
- Attack The Ball
- **2nd Phase**

- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE





MAN CITY 0-0 MAN UTD

06:16

СПОРТ 1
ПРЯМОЙ ЭФИР

YOU CAN TRAIN WITH THE BEST

ETIHAD AIRWAYS

YOU CAN TRAIN WITH THE BEST

ETIHAD AIRWAYS

YOU CAN TRAIN WITH THE BEST



TOPICS....

GROUP

3



DEFENDING **WIDE** FREE KICKS
(GUIDELINE > 25 YARDS)

CONSIDERATIONS WITHIN WIDE FREE KICKS SET UP



- DIRECT OR INDIRECT FREE KICK
- NUMBER IN WALL- STAGGERED/SPLIT?
- DEPTH OF DEFENSIVE LINE
- PLAYER IN THE HOLE
- INSWINGER/OUTSWINGER
- LEAVE 1 UP?
- DISTANCE BETWEEN DEFENDERS BACK LINE
- WHO DICTATES THE TIMING OF THE LINE DROPPING
- PREPARE FOR THE UNEXPECTED



DEFENDING FREE KICK RIGHT

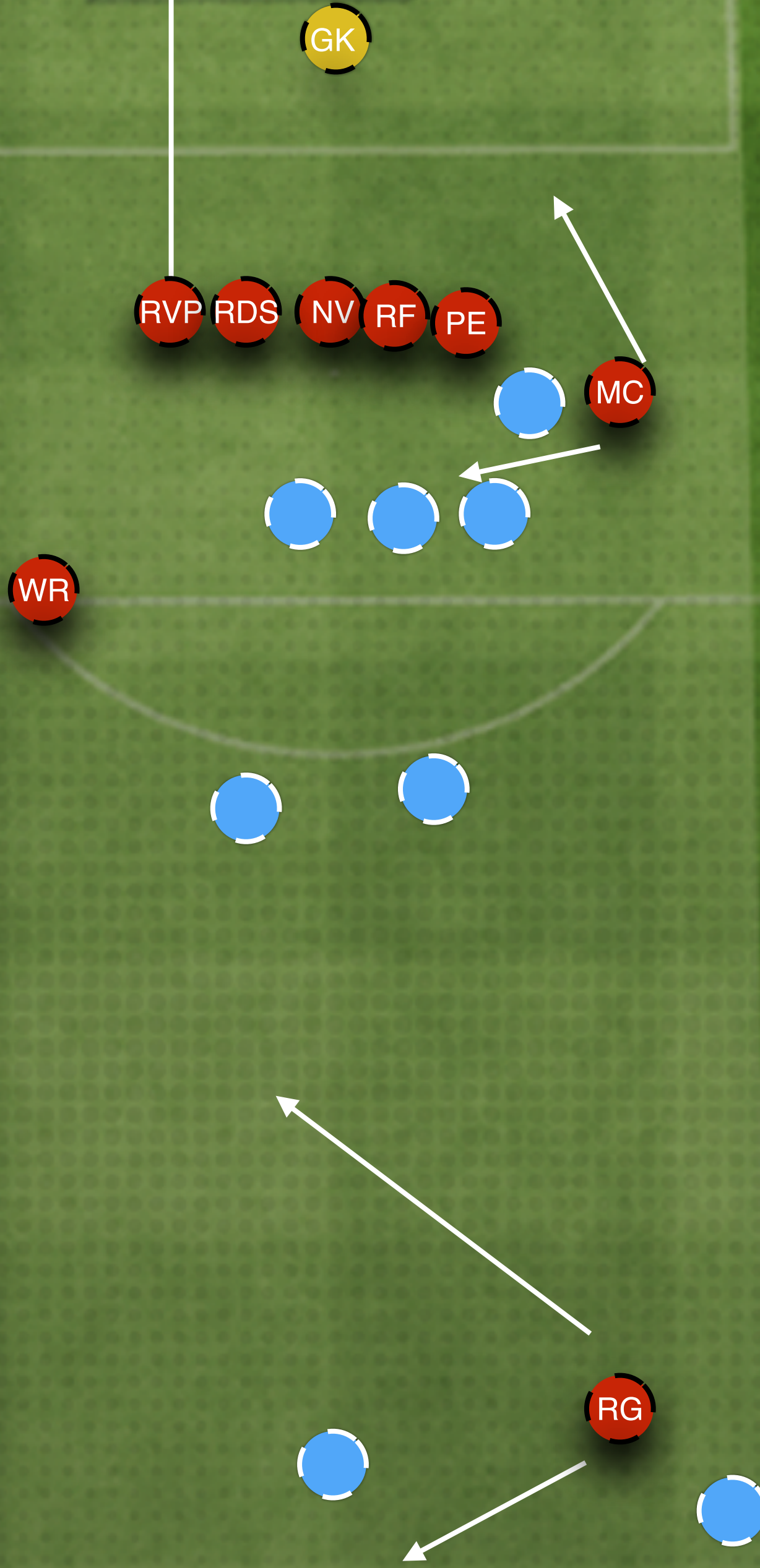
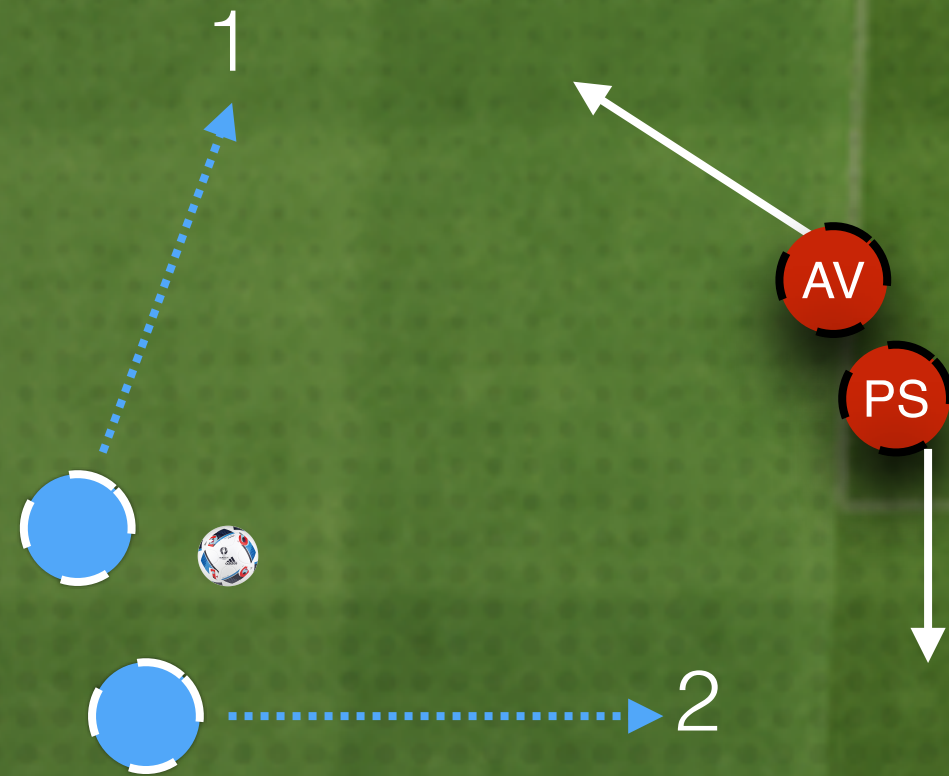
ROLES

RVP	FIRST CONTACT
RDS	BACK 4 IN DEFENSIVE LINE
PE	BACK 4 IN DEFENSIVE LINE
NV	BACK 4 IN DEFENSIVE LINE
RF	BACK 4 IN DEFENSIVE LINE
MC	COVERS BALL HIT TO FAR POST
WR	2ND BALL/EDGE OF BOX/2ND TRANSITION
AV	2X MAN WALL- COVER OPTION 1
PS	2X MAN WALL- COVER OPTION 2
RG	STAY UP/SWITCH WITH AV IF FK ON LHS

KEY POINTS

- Organise Quickly
- Hold your line
- No gaps
- Attack The Ball
- **2nd Phase**

- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE



TOPICS...



GROUP

4

DEFENDING CENTRAL FREE KICKS

CONSIDERATIONS WITHIN CENTRAL FREE KICKS SET UP



- HOW MANY IN THE WALL 3/4/5?
- SPLIT WALL?
- WHO LINES UP THE WALL?
- 9x YARDS TO BE MOVED BACK?
- HOW MANY CHARGERS?
- TALLEST PLAYERS ON INSIDE OR OUTSIDE?
- WHEN DOES THE WALL JUMP?
- PLAYER DOWN SIDE OF THE WALL
- 2ND PHASE RECOVERY RUNS
- LEAVE 1 PLAYER UP?
- POSITION OF GK

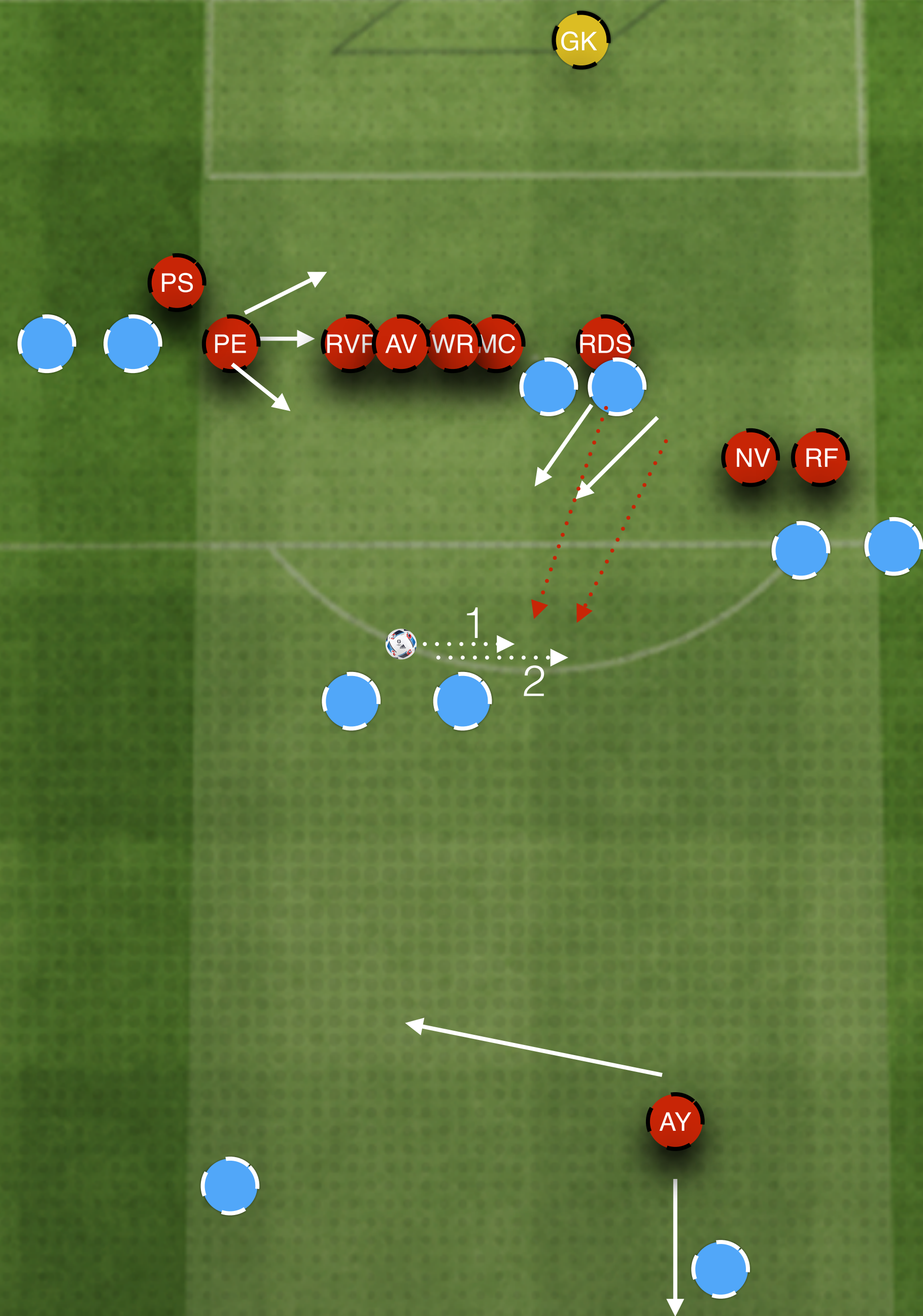


DEFENDING CENTRAL FREE KICK

KEY POINTS

- Organise quickly
- Know your job
- Wall inside (Tip toes)
- Wall outside (Jump)
- 2nd Phase

IF BALL GOES TO POSITION 1, PS CHARGES. IF BALL GOES TO POSITION 2, RDS CHARGES



ROLES

- PE COVER BALL PLAYED DOWN SIDE
- RVP LINE WALL UP
- AV MIDDLE OF WALL
- WR MIDDLE OF WALL
- MC END OF WALL
- PS 1ST CHARGER (BLOCK PART OF GOAL)
- RDS 2ND CHARGER (BLOCK PART OF GOAL)
- NV MARK OPPOSITION/2ND BALL
- RF MARK OPPOSITION/2ND BALL
- AY STAY UP

- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE

Press esc to exit full screen

BFV

UMBRO GT GO FASTER

UMBRO GT GO FASTER

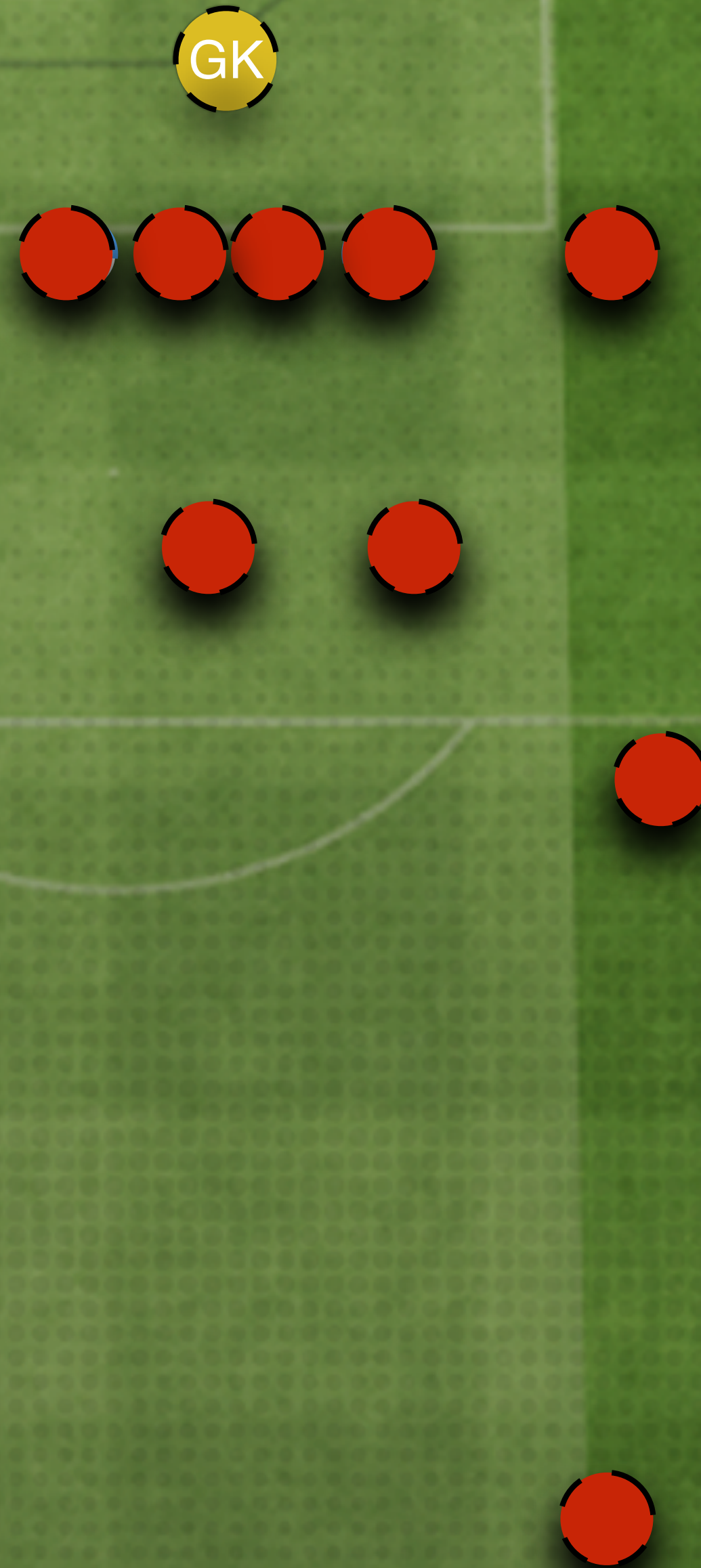
Pause (k)



DEFENDING LONG THROW

KEY POINTS

- WHAT ARE THEY?

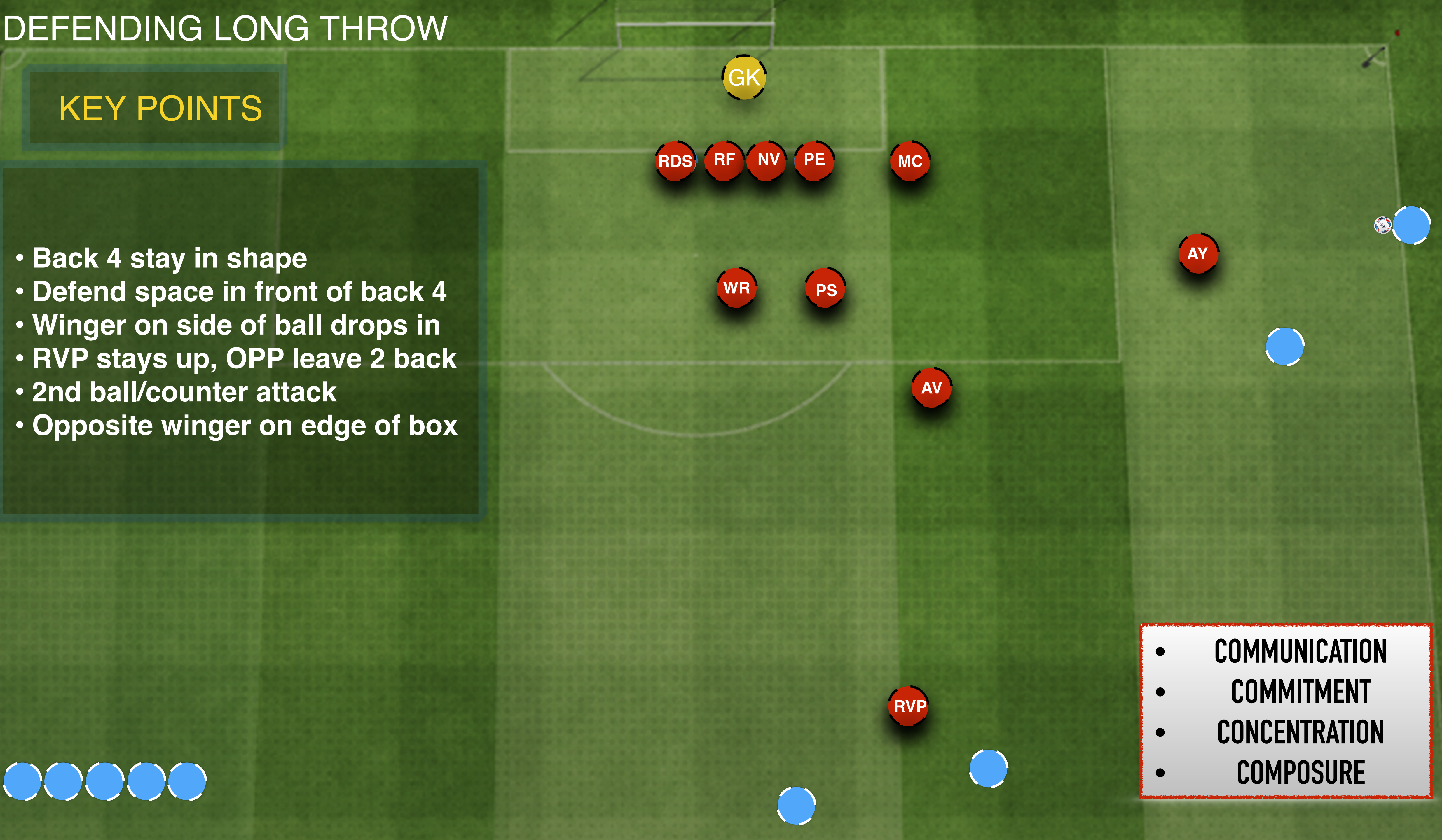


- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE

DEFENDING LONG THROW

KEY POINTS

- Back 4 stay in shape
- Defend space in front of back 4
- Winger on side of ball drops in
- RVP stays up, OPP leave 2 back
- 2nd ball/counter attack
- Opposite winger on edge of box



- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE

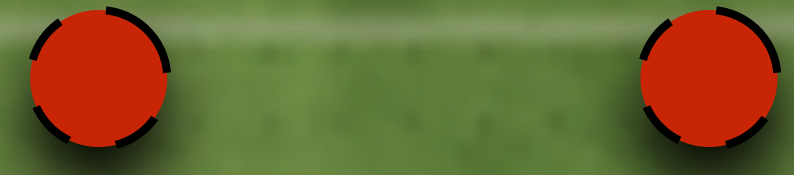
DEFENDING INDIRECT FREE KICK

KEY POINTS

- WHAT ARE THEY?



GK



- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE

DEFENDING INDIRECT FREE KICK

KEY POINTS

- Organise quickly
- Know your job
- Stand on tip toes (1x yard off goal line)
- Height on outside of wall
- 2x full backs charge

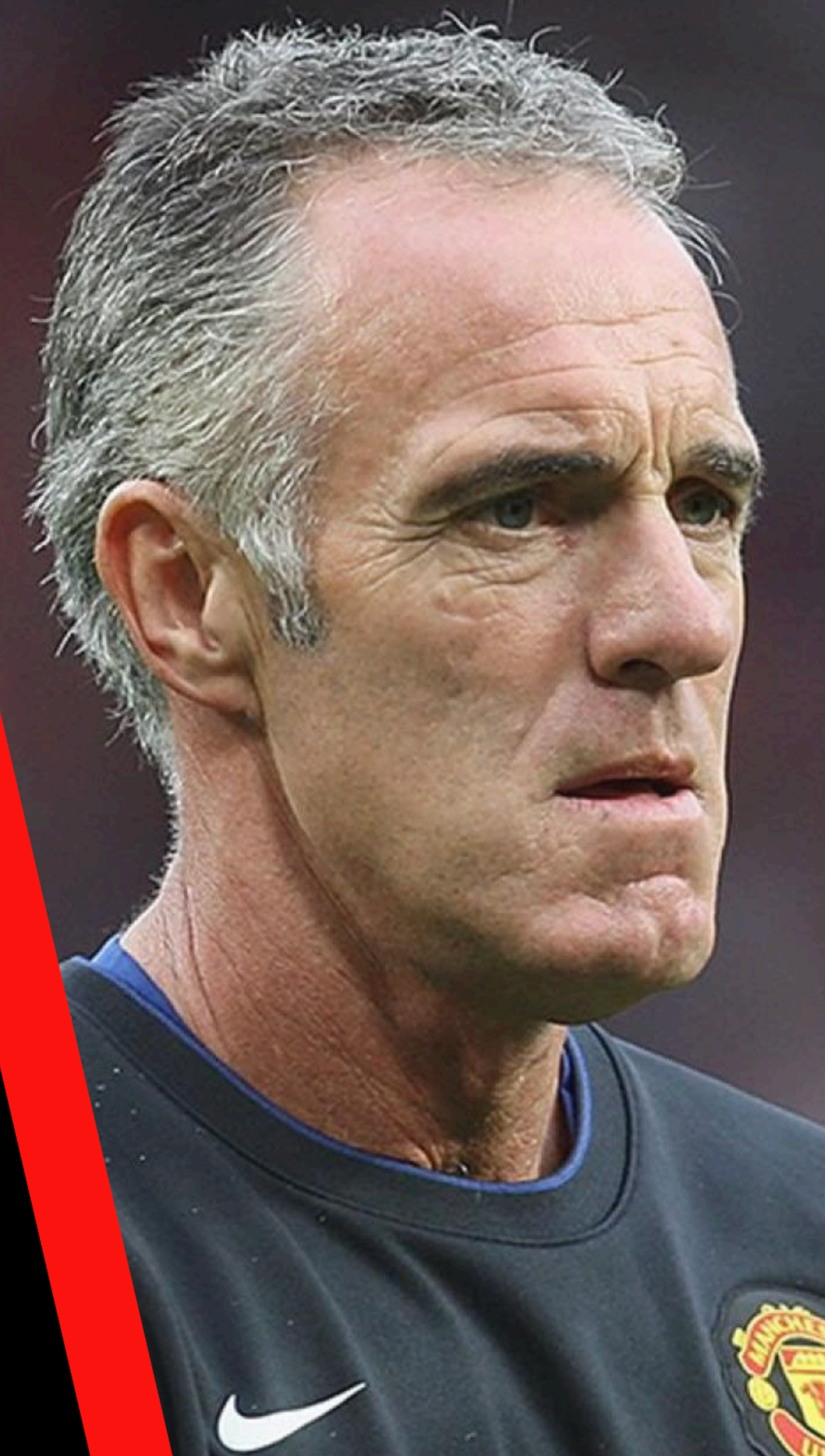


- COMMUNICATION
- COMMITMENT
- CONCENTRATION
- COMPOSURE

BREAKOUT ROOM TASK

IN YOUR GROUP, PLEASE DISCUSS
WHAT YOU HAVE TO CONSIDER
WHEN DOING OPPOSITION ANALYSIS
FOR DEFENDING SET-PLAYS

3 MINUTES.....



OPPOSITION ANALYSIS

HOW TO PLAN FOR OPPOSITION

- STUDY TEAM SHAPES
- WHO DELIVERS R/L FOOT- BOTH?
- WHAT PLAYERS ARE THREATS
- PATTERNS/ZONES
- VIDEO EVIDENCE
- STATISTICS



REVIEWING THE PROGRAM

REVIEWING PRINCIPLES

- REVIEW MATCH FOOTAGE
- COLLECT STATS / DATA
- TALK TO STAFF
- TALK TO THE PLAYERS
- CONTINUOUS ON / OFF PITCH DELIVERY



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ANY
QUESTIONS?

