



Task 2 - Group 4 - James, Jordan, Chris & Jamie

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# DEFENDING SET PIECES – CENTRAL FREE KICKS

# WHAT DO WE WANT TO ACHIEVE?

- ▶ Develop key principles
- ▶ Develop knowledge of player roles
- ▶ Develop Consistency - Communication, Personnel & Structure

# HOW ARE WE GOING TO ACHIEVE THIS?

- ▶ Through on field training
  - ▶ Set Piece practices
  - ▶ SSG's/Phases - With Organic/Manufactured set pieces involved
- ▶ Group & individual meetings
  - ▶ Video analysis
  - ▶ Pre game meetings/Presentations
  - ▶ General conversation
  - ▶ Player Ownership

# WHAT ARE OUR KEY PRINCIPLES?

- ▶ Organisation
  - ▶ Simple to understand
  - ▶ Effective
  - ▶ Clearly defined roles, responsibilities & expectations
- ▶ Communication
  - ▶ Common Language (Staff to Player & Player to Player)
  - ▶ Early/Clearly to get players organised quickly
  - ▶ Information to players during the set piece (Keepers/Away)
  - ▶ After the set piece
- ▶ Concentration
  - ▶ Focused on job role
  - ▶ Executing their job role until the ball is dead
- ▶ Desire/Commitment
  - ▶ Win the ball
  - ▶ Block shots/Be brave
  - ▶ No goals

## DEFENDING SET PIECES - CONSIDERATIONS

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### INTERNAL

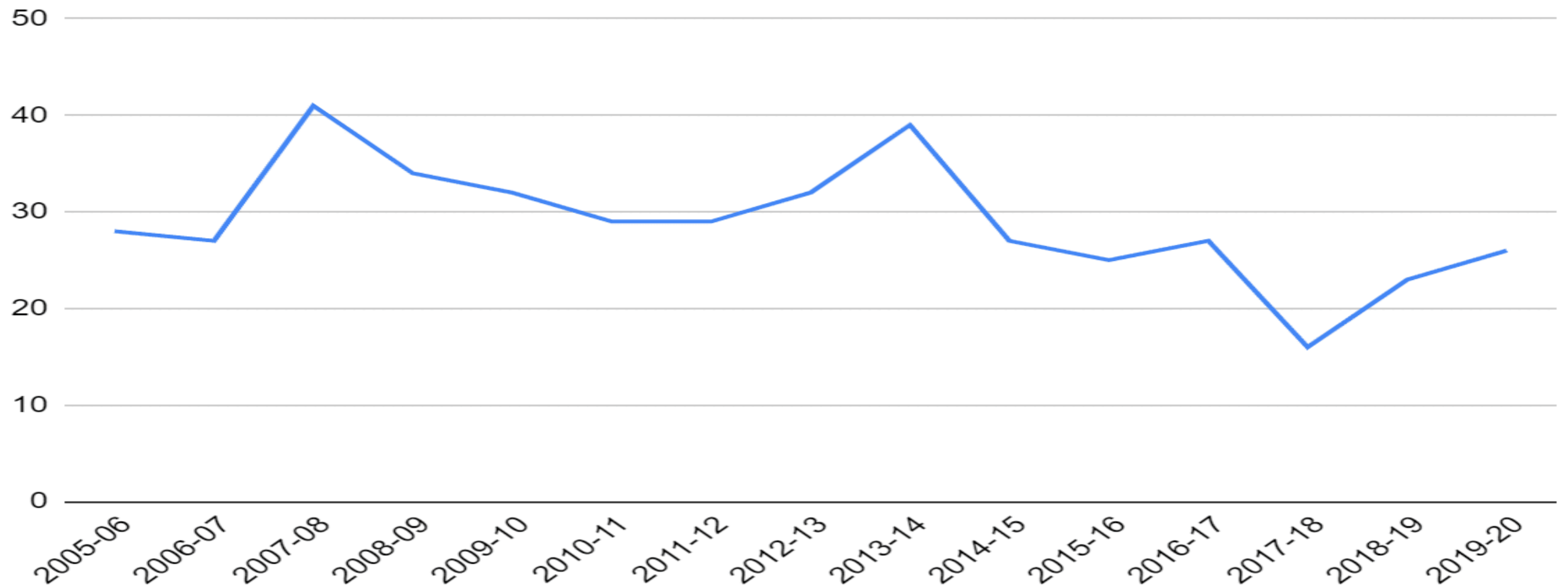
- ▶ Players
  - ▶ Physical characteristics
  - ▶ Psychological characteristics
  - ▶ Attacking/Transition/Defensive qualities (Individually/collectively)
  - ▶ What are the GK's preferences
- ▶ Head coach
  - ▶ Personal preferences

### EXTERNAL

- ▶ Opposition
  - ▶ Specific routines
  - ▶ Physical characteristics
  - ▶ Qualities/Tendencies/Specific player or location
    - ▶ Cross/Shot
    - ▶ Type of cross/shot
    - ▶ Area of cross/shot
- ▶ Direct/Indirect
- ▶ Distance from goal
- ▶ Weather conditions?

# DEFENDING SET PIECES - CONSIDERATION PREMIER LEAGUE

Premier League goals from direct free-kicks, 2005-06 - 2019-20



- ▶ Direct conversion rate of a free kick in the PL is around 6%
  - ▶ Roughly 1 goal in 18 attempts
- ▶ As of Jan 5th 2021 (2020/2021 season) there has been 7 goals scored directly from FK's
  - ▶ 3 from James Ward-Prowse (12.5% conversion rate - best in the league)
- ▶ From 2013-2014 season, numbers of direct free kick goals have decreased
  - ▶ More analysis?
  - ▶ Better quality defending/less fouls in "dangerous areas"?
  - ▶ Better organisation?
  - ▶ More innovative defensive free kick design?

# DEFENDING SET PIECES - PLAN/PREPARE/REVIEW

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## PLAN

- ▶ Video Analysis
- ▶ Staff/Player meetings or conversations
- ▶ Our team
- ▶ Opposition

## PREPARE

- ▶ Set piece specific training
- ▶ Small sided games
- ▶ Phases of play
- ▶ Set piece meeting
- ▶ Staff player meeting/conversations

## REVIEW

- ▶ Analysis
  - ▶ How did it go in training/games - Were there any problems?
- ▶ Discussion
  - ▶ Staff - Staff
  - ▶ Staff - GK/Players

# DEFENDING SET PIECES - VIDEO



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## TRAINING

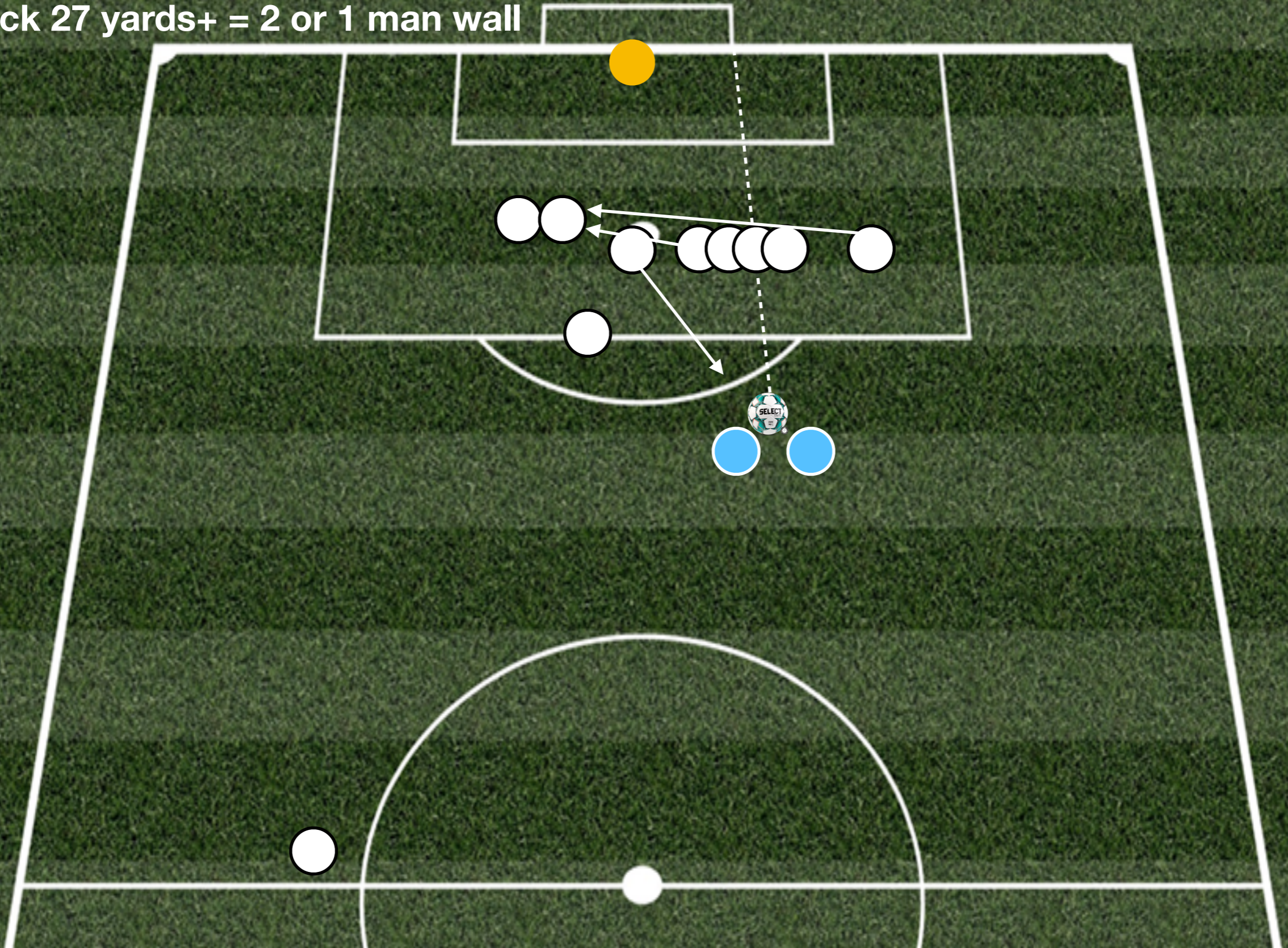
- ▶ All set piece training to be conducted on MD -1
- ▶ Set piece specific training
  - ▶ Walk through & live run through of the set piece
  - ▶ Position specific detail - Work from the GK out
  - ▶ Experiment with different players in different roles
- ▶ SSG - Use one or more of these in each SSG
  - ▶ All fouls are given as free kicks
  - ▶ Every ball out of play becomes a free kick
  - ▶ Coach to give random free kicks during the practice
  - ▶ Every time a goal is scored, the team who score gets a free kick
- ▶ Phase of play
  - ▶ Same conditions as SSG's
  - ▶ Provide opportunity to the defending team to counter attack

## GAMES

- ▶ Set pieces document
  - ▶ Images on wall/tactics board/TV in the changing rooms
  - ▶ Images in a booklet or on an iPad/Tablet device for on the bench
- ▶ Video analysis
  - ▶ Live video analysis to the bench for coaches & players
  - ▶ Video at half time on TV/Laptop/Tablet for GK & players in the game

# DEFENDING SET PIECES - TACTICAL SET UP (OUR LEFT)

- Free Kick 19~22 yards = 4 or 3 man wall
- Free Kick 23~26 yards = 3 or 2 man wall
- Free Kick 27 yards+ = 2 or 1 man wall

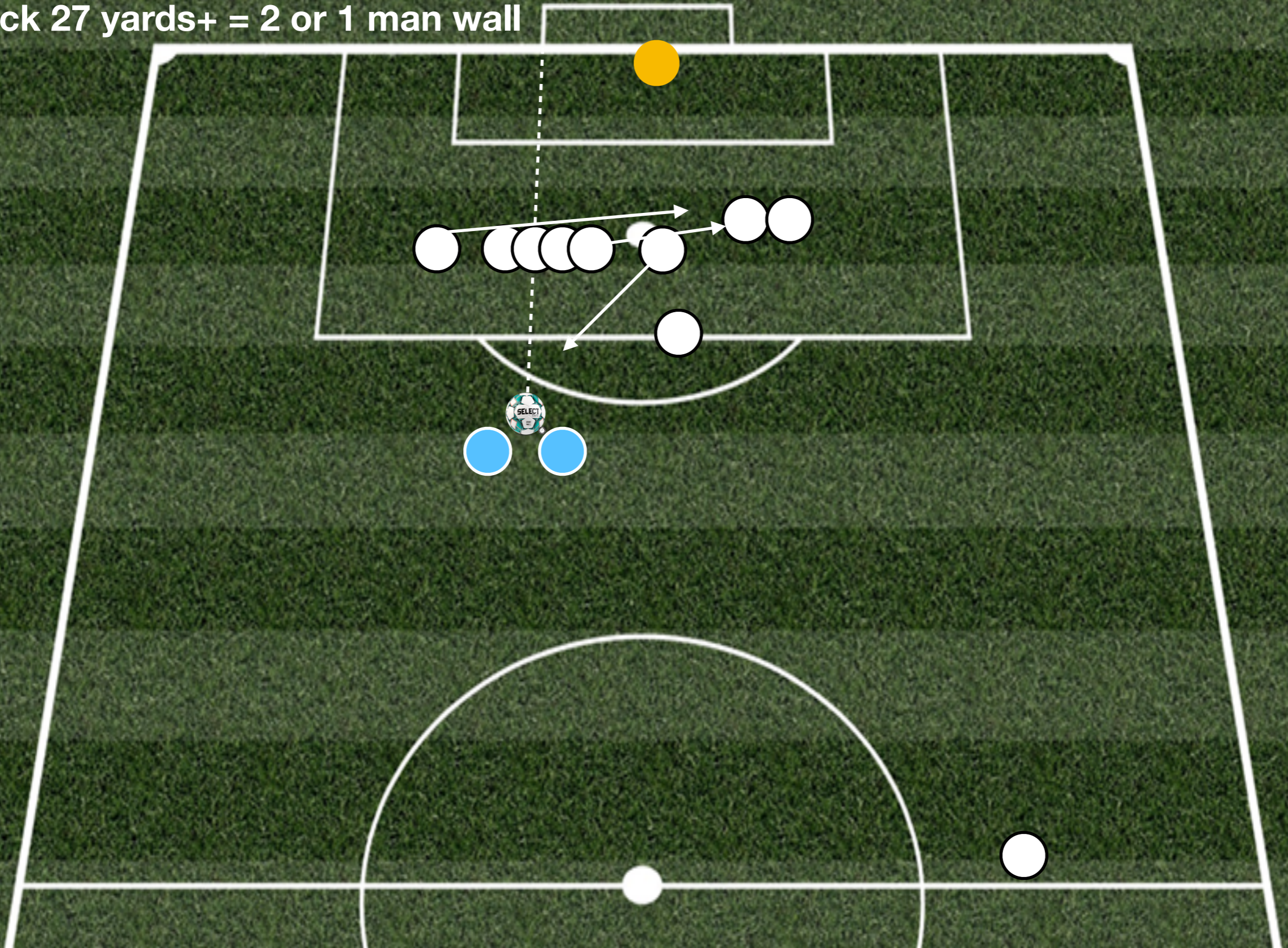


# DEFENDING SET PIECES - TACTICAL SET UP (OUR RIGHT)

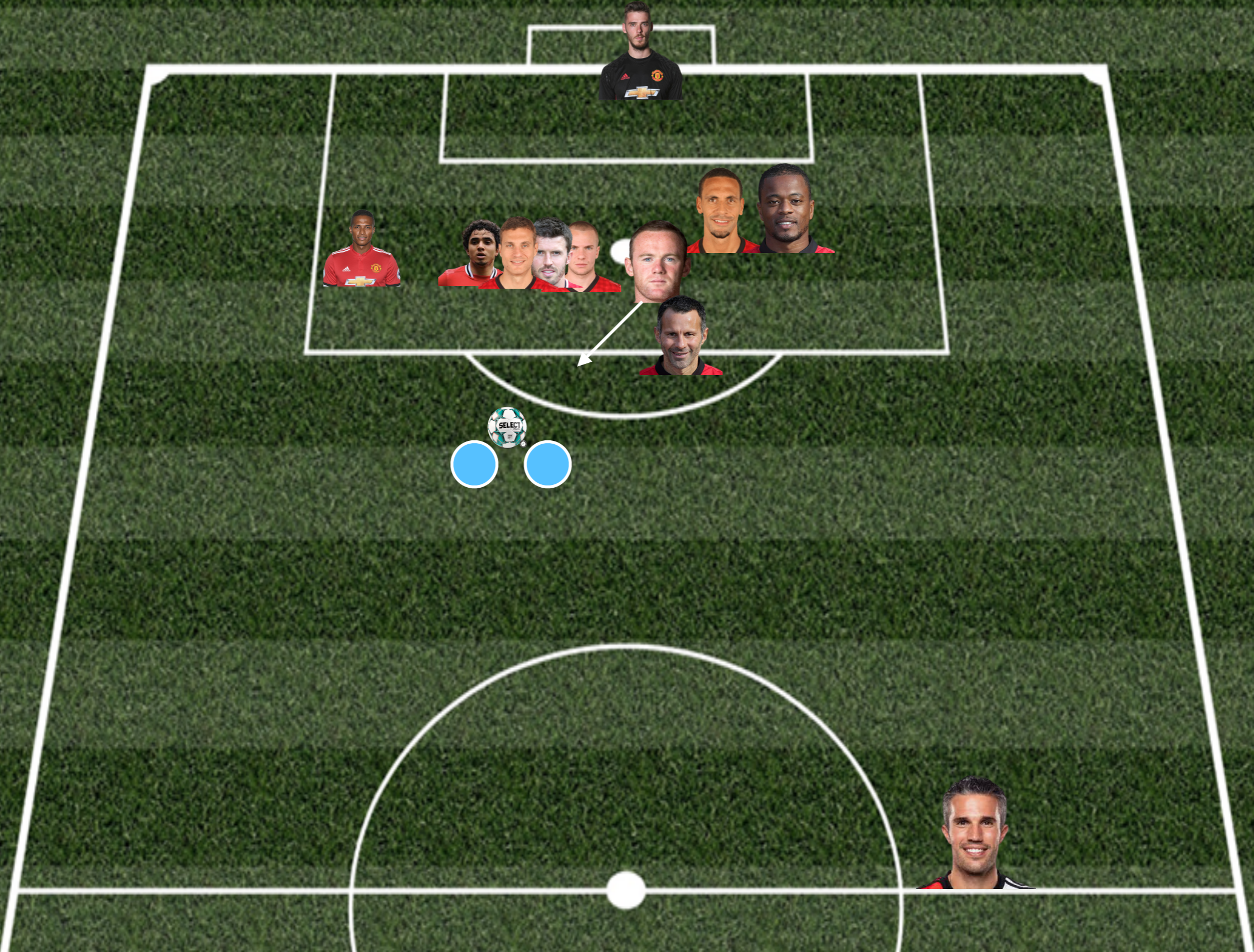
Free Kick 19~22 yards = 4 or 3 man wall

Free Kick 23~26 yards = 3 or 2 man wall

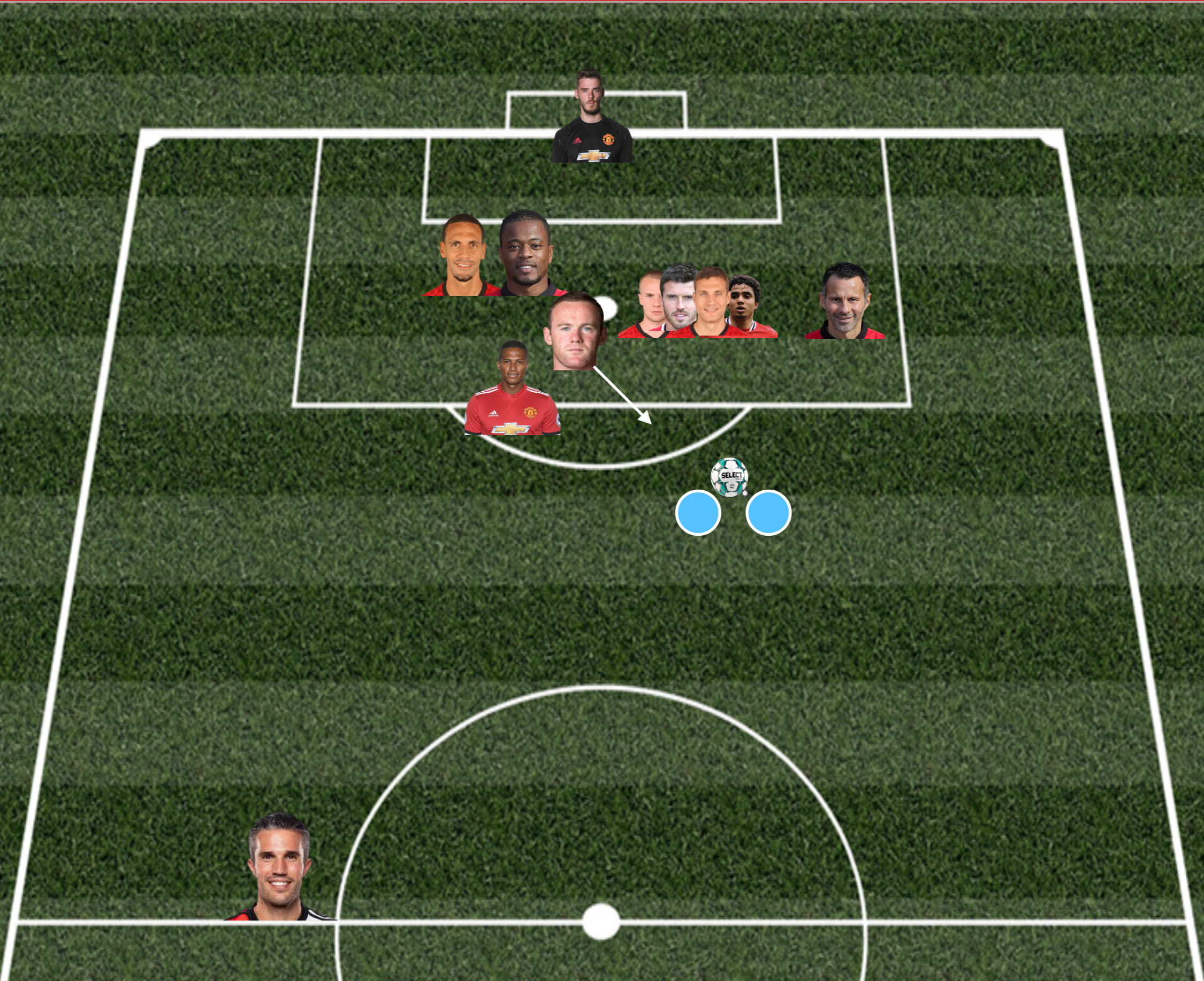
Free Kick 27 yards+ = 2 or 1 man wall



# DEFENDING SET PIECES - TACTICAL SET UP (MANCHESTER UNITED 2012/13)

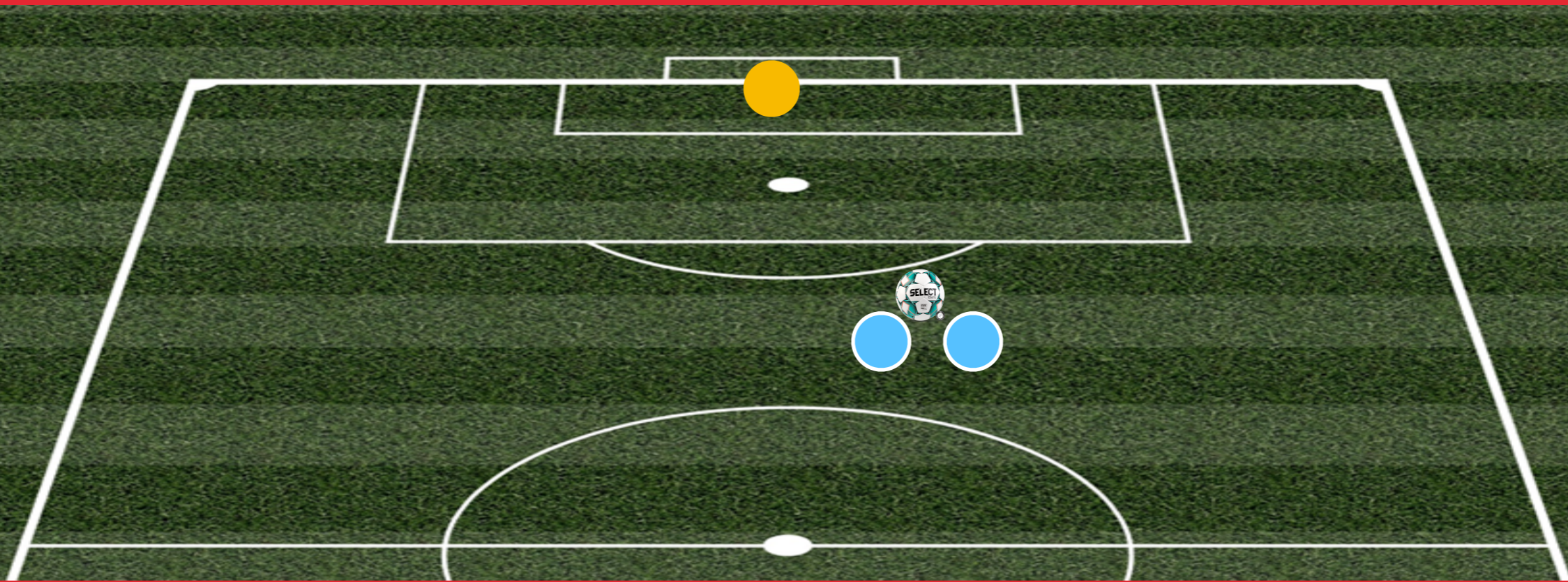


# DEFENDING SET PIECES - TACTICAL SET UP (MANCHESTER UNITED 2012/13)



## GOALKEEPER

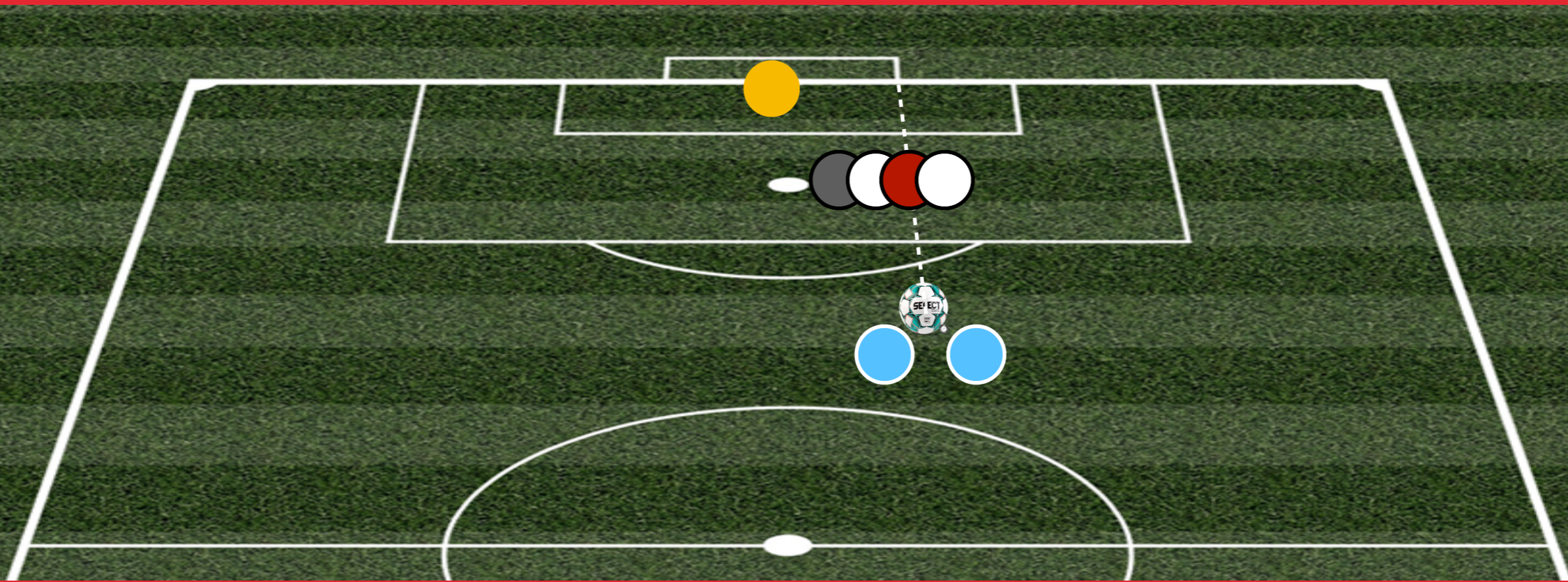
- ▶ Take charge of the situation
  - ▶ Early & clear information
  - ▶ How many in the wall?
  - ▶ Organise the wall - Man & a half past the post
  - ▶ Be aware of quick free kicks
- ▶ Defend the goal
  - ▶ Depth to buy time
  - ▶ See the ball
- ▶ Ready for 2nd phase
- ▶ Start counter attack/kill the game?



# DEFENDING SET PIECES - TACTICAL SET UP (ROLE)

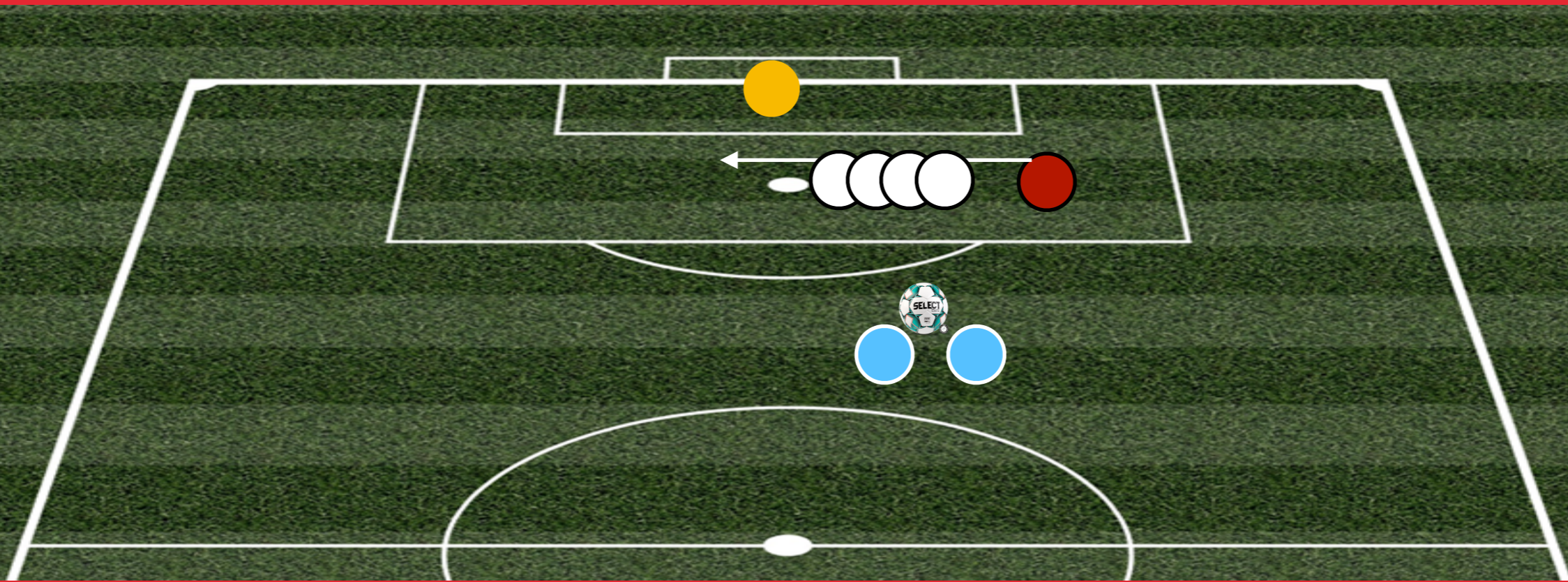
## WALL

- ▶ Get together early
- ▶ Stay together
  - ▶ Inside 18 yard box = Stand tall
  - ▶ Outside 18 yard box = Jump
- ▶ Be strong/Be Brave
- ▶ Second player (Red) to organise the wall with GK
  - ▶ Be inline with the ball & post
  - ▶ 3 man+ wall
- ▶ If GK wants a 3 man wall, player in grey to go into the box & mark
- ▶ If GK wants a 2 man wall, players in white to organise



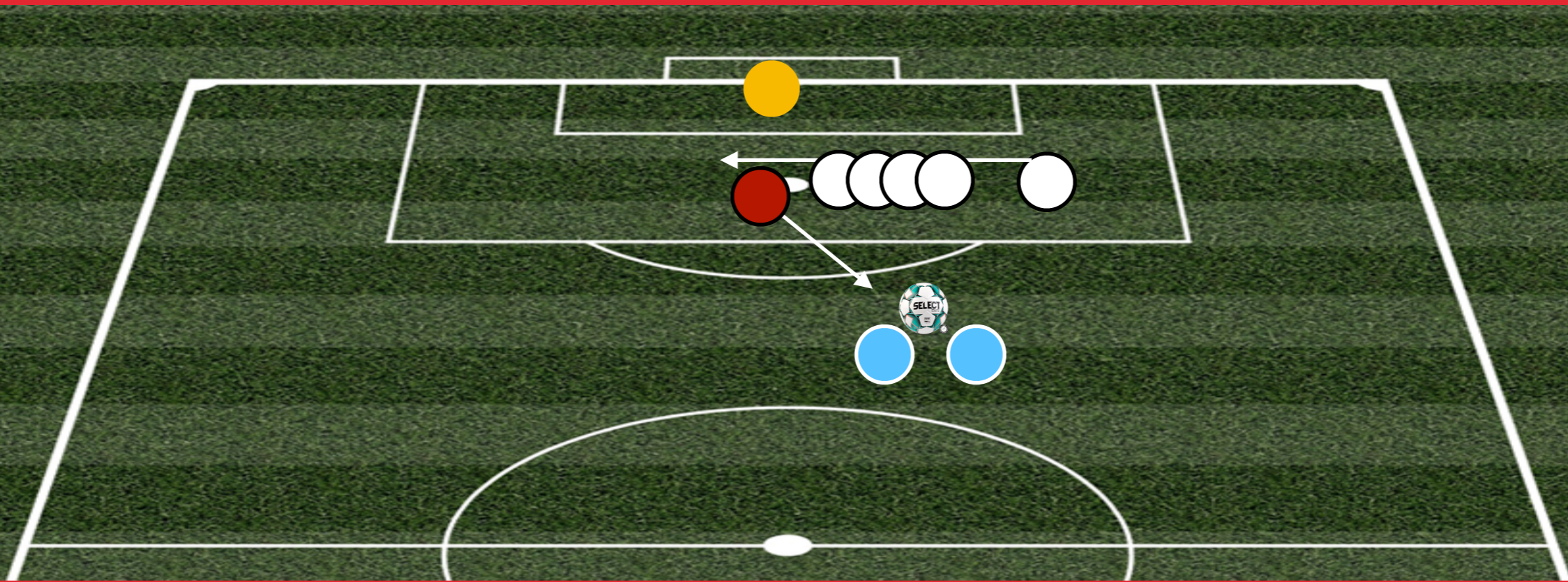
## SIDE OF WALL

- ▶ Switch on early
  - ▶ Be ready to deal with a short ball played on the side of the wall
  - ▶ Be ready to track the run of one of the players over the ball
- ▶ Small gap between the man & the wall
  - ▶ Stop the shot around the wall
- ▶ Man mark?
  - ▶ If no opposition players on the outside of the wall/only one over the ball, go into the box & mark
  - ▶ Stay alert on the short free kick



## BLOCKER

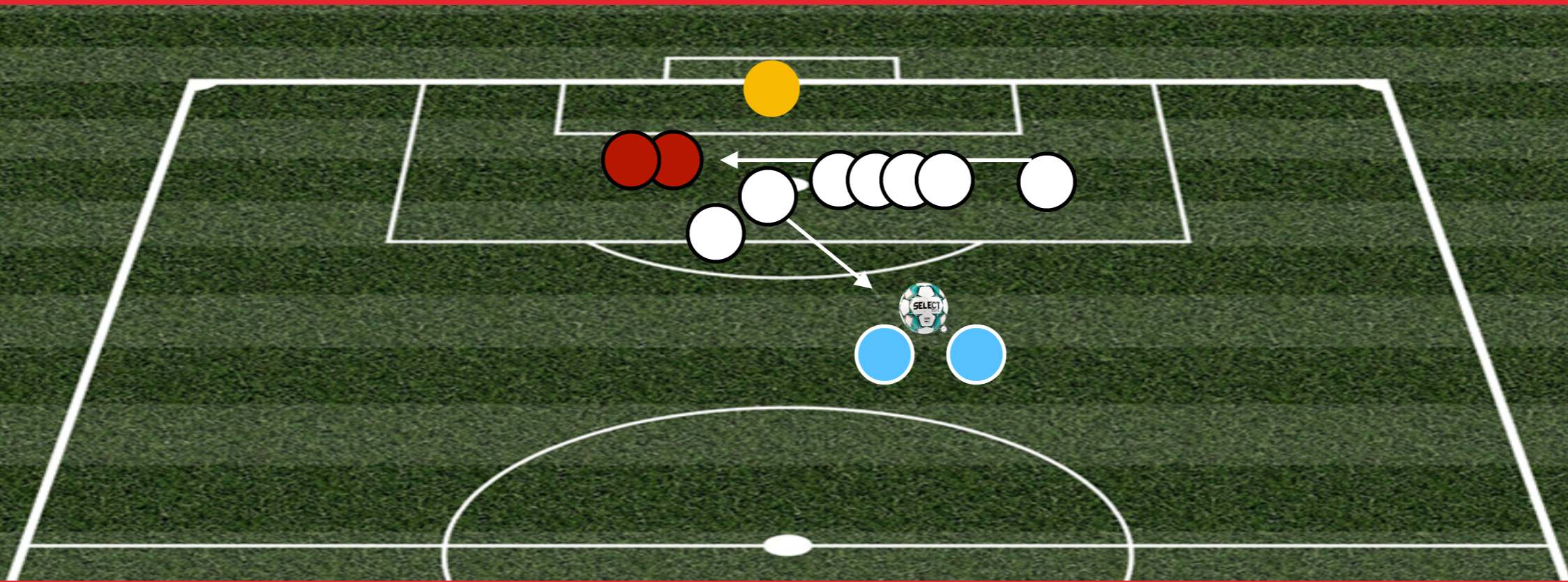
- ▶ Allow GK to see the ball
  - ▶ Be in a position to also cover the far post
- ▶ Attack the ball
  - ▶ Be ready to block the shot
  - ▶ If the ball is rolled/moved apply pressure
- ▶ Second ball/second phase
- ▶ Be ready to join the counter attack





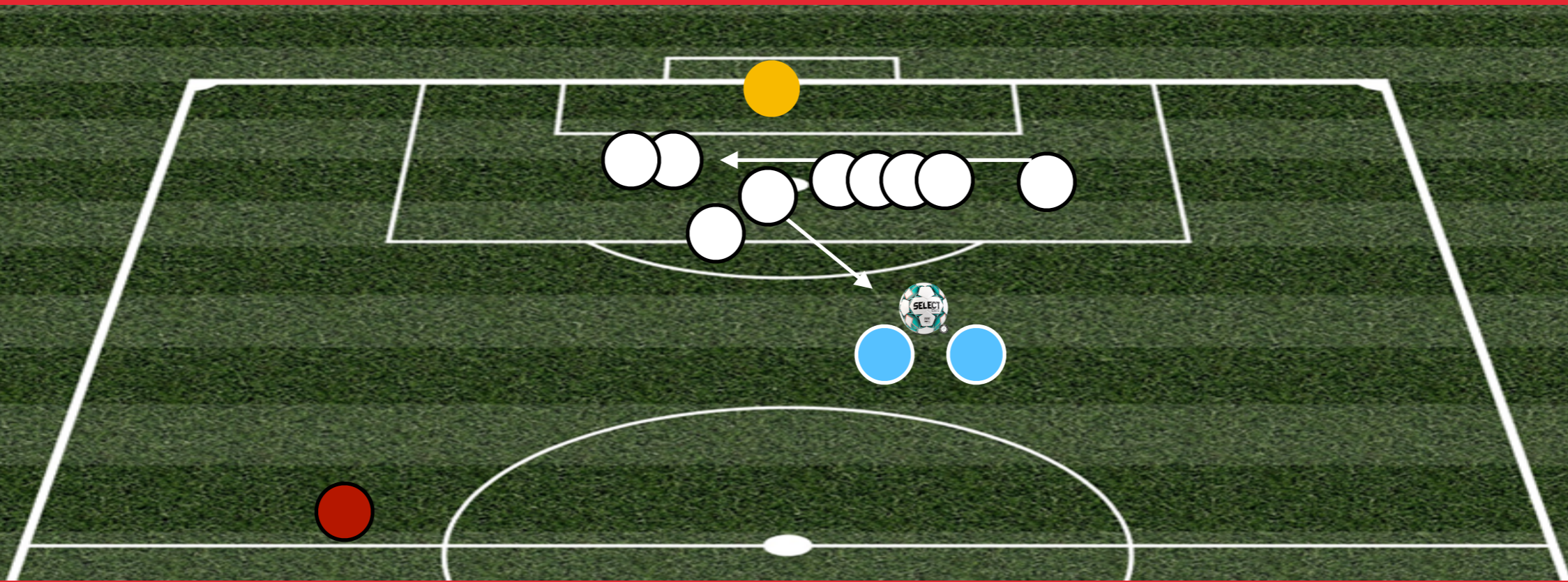
## MARKERS

- ▶ Deal with bodies in the box
  - ▶ Defend against oppositions biggest threats in the box
- ▶ Attack the ball if crossed into the box
- ▶ Be ready for rebounds/Second phase
- ▶ Responsible for squeezing the line once the danger has been cleared



## STAY HIGH

- ▶ Position on/around the half way line on the opposite side of the ball
  - ▶ Run/Movement dependent on the players physical qualities
    - ▶ Receive to feet/In behind out wide/Arched run centrally
- ▶ Give us some control of the oppositions organisation
- ▶ Counter direct to goal or hold ball up for others/keep position
  - ▶ Game state/time
  - ▶ Players qualities
- ▶ Drop back to defend?
  - ▶ Instructed by coach, dependent on game state



## DEFENDING SET PIECES - PROS/CONS

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### PROS

- ▶ Cover a lot of the goal
  - ▶ Wall & side of the wall covering the near post & central
  - ▶ Blocker/Edge of box covering the far post
- ▶ Have all aspects covered
  - ▶ Shot
  - ▶ Combinations
  - ▶ Cross
- ▶ Players who fit the structure
  - ▶ Squad can provide different players to fit the roles within this set up

### CONS

- ▶ Only 2/3 players who will be 100% ready for rebounds or crosses
- ▶ Could be a lot of bodies in front of the GK
  - ▶ Opposition to fill gaps with their own players
  - ▶ Difficult for the GK to see/know whats happening