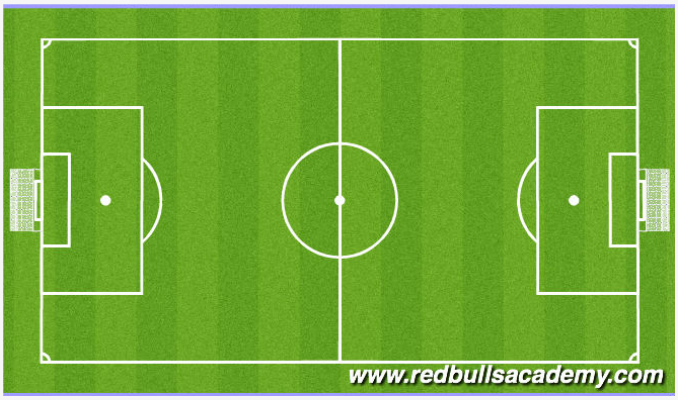
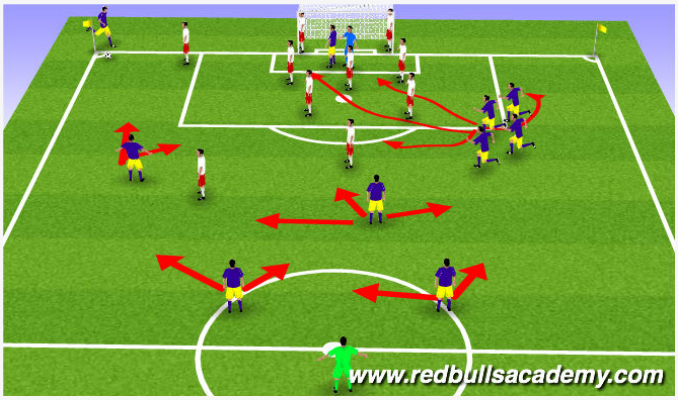
Period 1

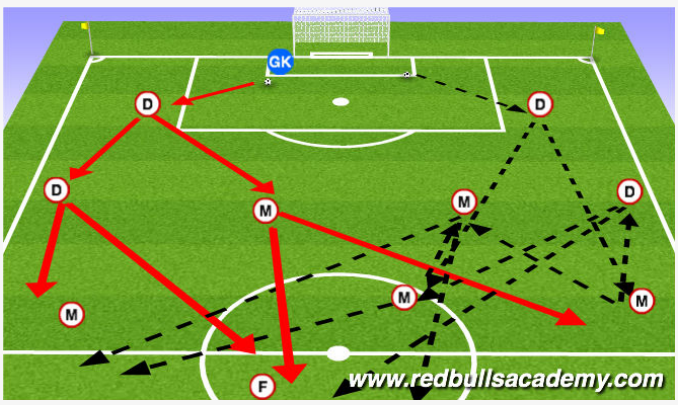


Corner



- Set up shown for 11v11; adjust your numbers accordingly
- Cluster of runners at the top of the box should try to stay grouped as tight as possible in order to create confusion; make runs to front post, middle of goal, back post and top of box
- Runners must make run at speed and try to run in front of their defenders
- Corner taker must be able to get th service into the box; raise arm as cue to be ready, as arm drops runners go, kicker count to 1 or 2 before approaching in order to get timing
- All players must be ready to shoot immediately
- Reverse for opposite side corner
- Attacking GK shown for refernce; wouldn't necessarily be that high, but would recommend they be at least outside own 18 yard box to act as a "sweeper" if needed

Goal Kick



- Set-up is shown for an 11v11; adjust for your numbers accordingly
- Two passing patterns shown; all will have two options of who they should look for
- Looking at the **red arrows**

1) Ball will be **worked progressively forward**. If we continue getting the ball wide (To D), look to stay on the same side; so wide M and F should make runs accordingly; center mid should stay central in order to have support to switch field if necessary

- Looking at **black arrows**

1) Ball will work in an **up/back/through** scenario. As ball gets wide to D, look to hit the 3rd line of M's who will "play the way they are facing" and play a drop pass to either holding mid or outside D player checking for support; with the holding M or D facing forward they'll either play into the F or look to switch the point of attack