

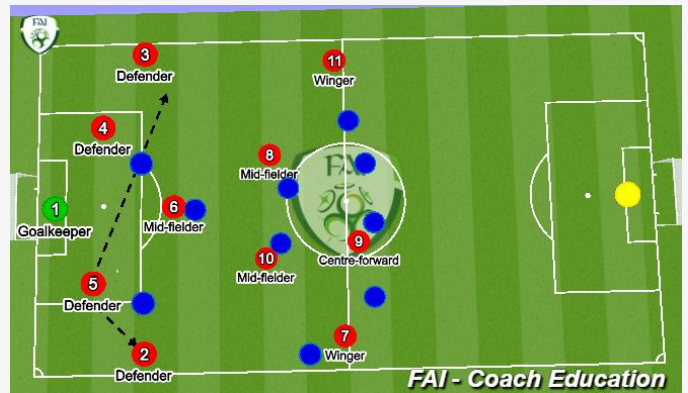


a Pro-Club: FAI - Coach Education

Session: Goal kicks for and against set up vs Ireland
John Mountney, Dundalk, Ireland

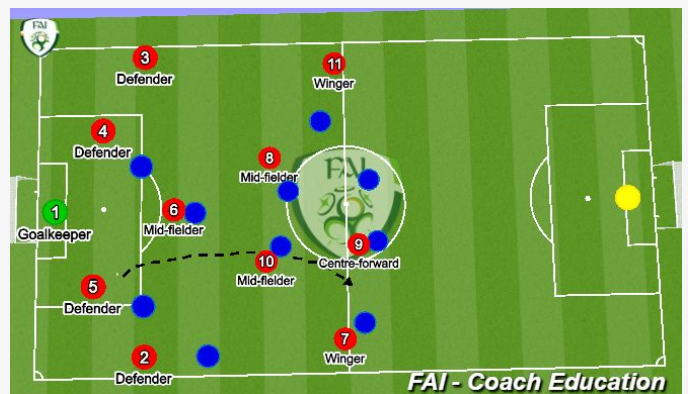
Kick outs for

Kick-outs for, we want our full backs dropping deep to give the opposition wing backs a decision to make whether to stay or go. If they stay with our wingers then its on to play out.



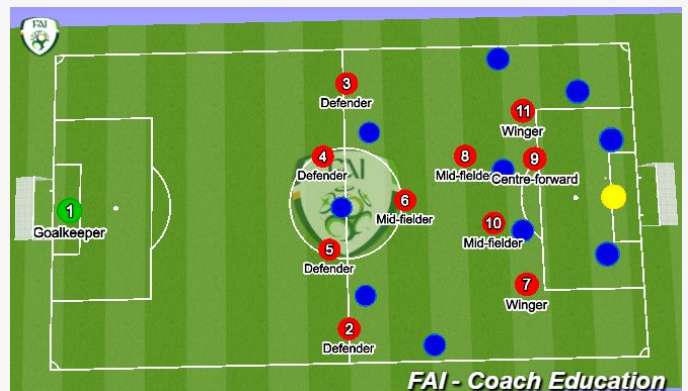
kick outs for

if the Opposition wing backs are looking to jump onto our full backs then we go over the press where it should be 3 vs 3.



kick outs against

We will set up to stop the opposition from playing out from goal kicks. Force them to play long where we will look to win the first ball and midfielders dropping back in to pick up the second phase.



kick outs against

If the opposition does try to play out we will press high showing the opposition players down the narrow side of the pitch. Our attacking 3 will press the opposition back 3. Our 2 advanced midfielders will press up against there 2 deeper midfielders. Our sitting midfielder will cover the oppositions attacking midfielder on ball side with one of our central defenders getting tight with the opposition center forward and the other giving cover. The full back will jump onto the wing back on whatever side the ball is. The opposite full back will narrow up. If the opposition beat the press its recovery runs towards our own goal. Get back behind the ball and get our shape again until we are set to press again.

