



a Pro-Club: FAW Coach Ed

Session: Set-plays

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FK f. / wide area

INSTRUCTIONS

Three main options that should result in (a) direct shot on goal or (b) low cross across the edge of the 6yd box (c) in-swinging driven ball to back post:

> Option A - #5 feints an out-swinging ball, steps over and runs down the line; #11 plays down the line in front of #5 who plays a driven ball across edge of 6"

> Option B - #10 makes an early run (bent-lateral) across the edge of the 18". Ideally, this player should be left-footed if FK is on left, and right-footed if FK is on right. If a pass from 11 is on, #10 should be able shoot on target with first or second touch. If #10 is marked tightly though, or the shot isn't on - play #5 through on the other side of the wall: #5 can shoot or play a low, driven ball across the 6" to oncoming #9,6,5,4.

> Option C: as above, #10 initiates (bent-lateral) movement, #3 anticipates run down the line to support. If these options look too risky - #11 plays a driven ball to towards the back post as #9, #6, #5 and #4 drive towards the edge of the 6. #4 to hold run and bend run to be outermost of the four at the back post area [start wide].

