

#42

# PRE-GAME SET PLAY PRACTICE.

TOPICS

#1

DIRECT KICK • MARY WASHINGTON

- BACKING UP KICKERS
- USE OF 2 KICKING PLAYERS
- RUNNING @ THE WALL
- USE PLAYERS TO GET BEHIND THE WALL & FRAME THE NET.
- CONTAINING PLAY IN THE BOX

#2

CORNER KICK

SPEED OF HITTING A DRIVEN BALL

- POSITION PLAYERS TO FRAME THE GOAL
  - USE OF SAFETY VALVE-SHORT PLAYER
  - TEACH OPEN TO SET UP THE WALL
  - TEACH "RUNNERS" & MOVEMENT OF ATTACKERS
  - DEMONSTRATE TO GET - BEHIND THE WALL
  - EMPHASIZE MOVING TO GET OPEN
  - TEACH FIRST TOUCH SHOOTING
  - NEAR POST V. FAR POST SHOTS
  - TEACH 2<sup>ND</sup> PLAYER CROSS IN FRONT OF NET
  - RUN 2-3 PLAYERS TO ONE SIDE / DRAW GO OPPOSITE WAY W/PASS
- OFF SIDES TRAINING

#3

- DEMONSTRATE
- RUN THROUGH.

KICK OFFS

COMMUNICATION

#4

MAKING RUNS OFF THROWS

- TRAIN WHERE TO THROW
- LEGAL THROW
- RUNS DOWN THE LINE V. CUTTING IN