

Coaching Set Plays

Tony Waiters

- ❖ The set play can make the difference between success and failure. Tony has a book on this topic and guaranteed that if you follow its directives it will make a 10 goal difference over a 20 game season – five extra goals scored and five not allowed.
- ❖ The percentage of goals made from set plays has been calculated by various studies. None have shown it to be less than 25% of all goals scored.
- ❖ 12 principles of set plays:
 1. Attention to detail – **ATD**
 2. Always alert and alive – the **3 A's**
 3. Take what you are given – **FREEBIES**- if a shot is there don't waste time preparing an elaborate set play, have at it.
 4. Square pegs in round holes – match up skills with what you try
 5. Keep it simple stupid – **KISS**
 6. Fakes and distractions – **FADS** – are very important to create confusion and opportunities.
 7. Cover all bases and spaces – **CABS** – important in defending set plays
 8. Insurance cover - **IC**
 9. Team balance – **TB**
 10. Execution is most important thing - **EXO**
 11. Rebounds and seconds – **R&S**
 12. Recovery – **RC**
- ❖ Thirds of the field affect how you play throw-ins and free kicks
- ❖ On corners he talked about the black hole – an area to the side of near post and out to the edge of 6 yd box both in width and depth. A ball landing in that area is a very dangerous ball.
- ❖ You can get to many defenders in the box – too many cooks spoil the broth.
- ❖ All defenders are pessimists and all attackers are optimists –Liverpool Soccer Club philosophy.
- ❖ Showed video of British pro goals.
- ❖ Most attending coaches agreed that someone other than keeper should set the wall.
- ❖ He suggested that you not put your tallest players in the wall, use them to mark.
- ❖ The worst job in soccer is being in the wall. These players must be shoulder to shoulder, use one hand to grab the shorts of team mate and use the other hand cover up.
- ❖ A rather new development for defending free kicks is the jumping wall. This is a rehearsed and coordinated jump by the entire wall at the time of the kick. Tony has observed less flinching by this type of wall. The keeper must now be prepared for the low ball that can come under the wall.
- ❖ To practice set plays you can play games of 8v5+2 or 5v5+5, shadow play, team talk, video, on handout to players), or any way that works. Suggested that in order to give final reminders before game you use postings on the locker room wall.
- ❖ Showed video of goals from set plays by Canadian National team.