



Set Pieces  
Organizational Review (Day 6)



## Modified FIFA 11+ Dynamic Warmup

**Number of players: All Available**

**Field size: 30 x 12 yards**

**Total Duration: 20 minutes Intensity: 2 / unopposed**

### Rules of the exercise:

Two groups of nine players (player-led). The full program takes 20 minutes to complete and is designed to be performed twice a week. It has three parts; with a total of 15 exercises, which should be performed in the specified sequence.

### Objective (Expected application of a principle):

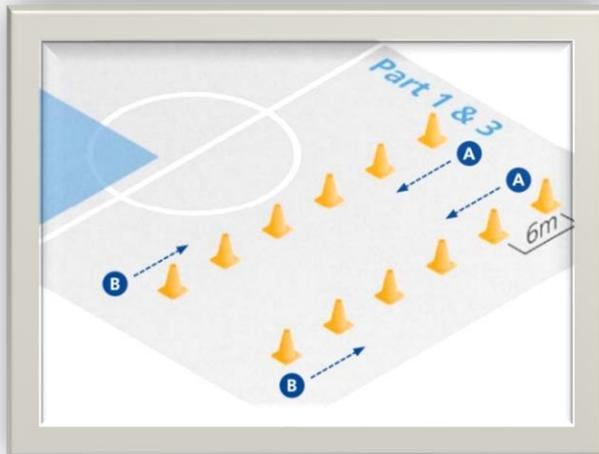
- FIFA 11+ is a complete warm-up program specifically created in 2006 to prevent injuries in amateur soccer players. The program also provides an injury-prevention model for other sports, and it has shown performance enhancement capabilities. The program was developed by FIFA's Medical Assessment and Research Centre (F-MARC) in cooperation with Santa Monica Sports Medicine Foundation (SMSMF), and the Oslo Sports Trauma and Research Centre (OSTRC) to expand the knowledge-base on previous injury-prevention efforts, such as PEP (Prevent injury, Enhance Performance) program and FIFA 11.

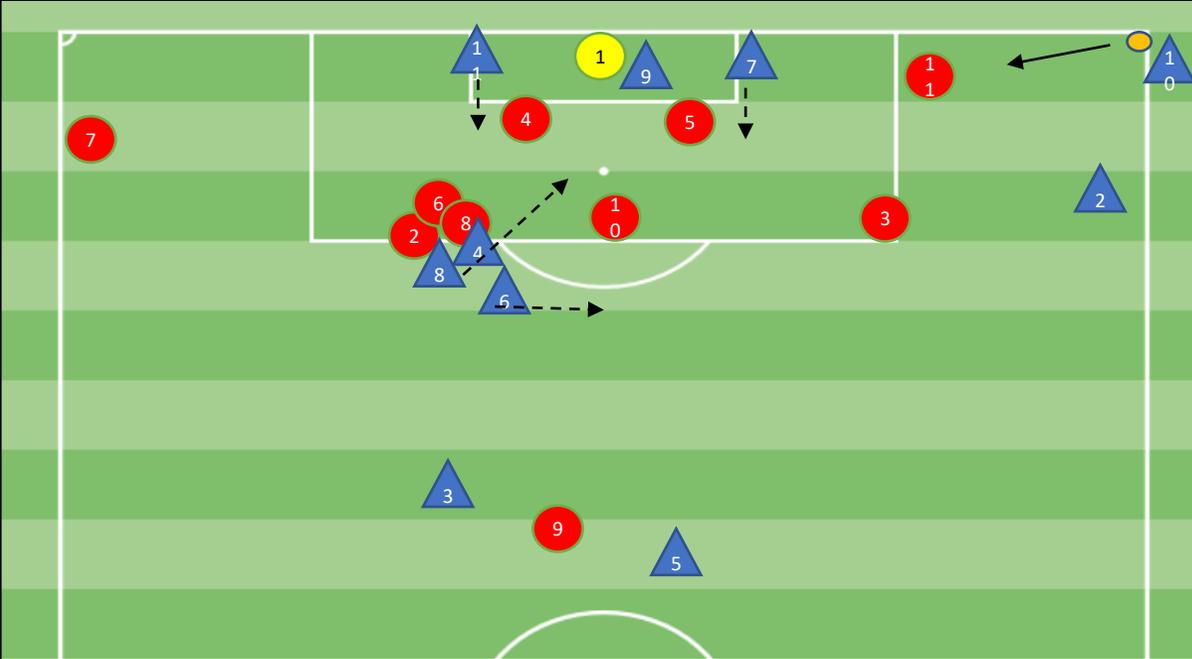
### Planned interactions with players (when):

- Limited interactions. Keep the time and allow the players to focus in for the session
- The team's session today is Organizational (40% demand | 75 minutes) after three higher-demand sessions this week.
- Extra time will be dedicated to injury resistance before starting today's activity.

### Roles and responsibilities:

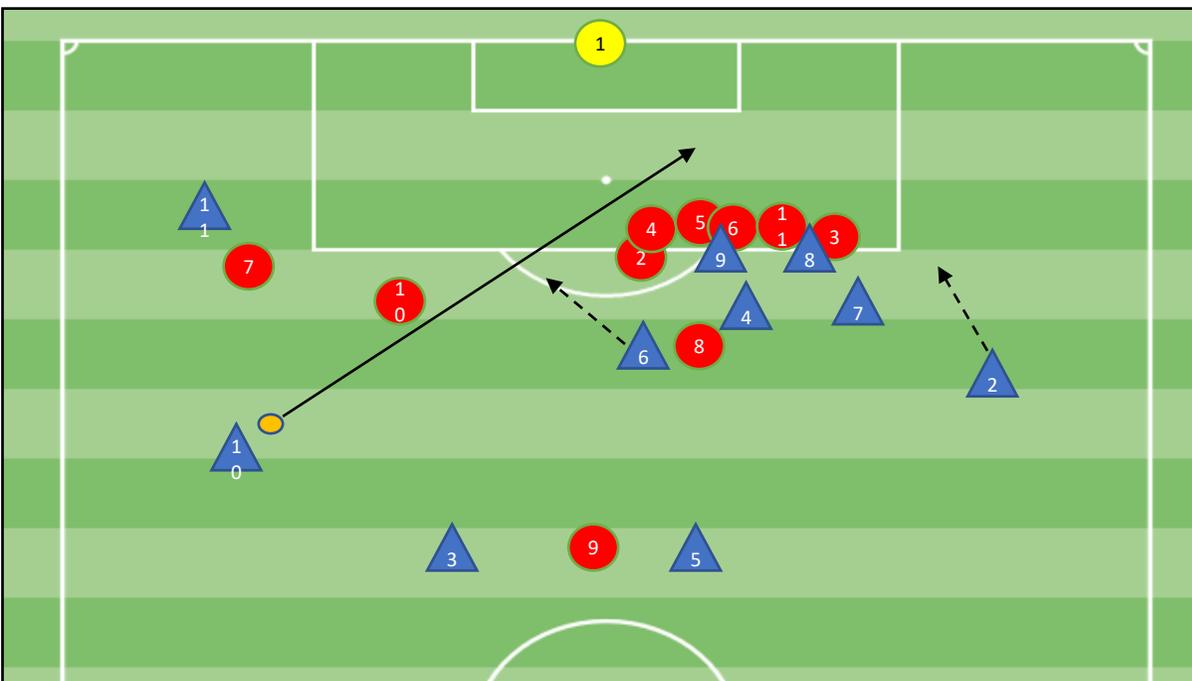
HC active observation. AS1: Lead activity. AS2: Take Attendance. Trainer: Player health and injury





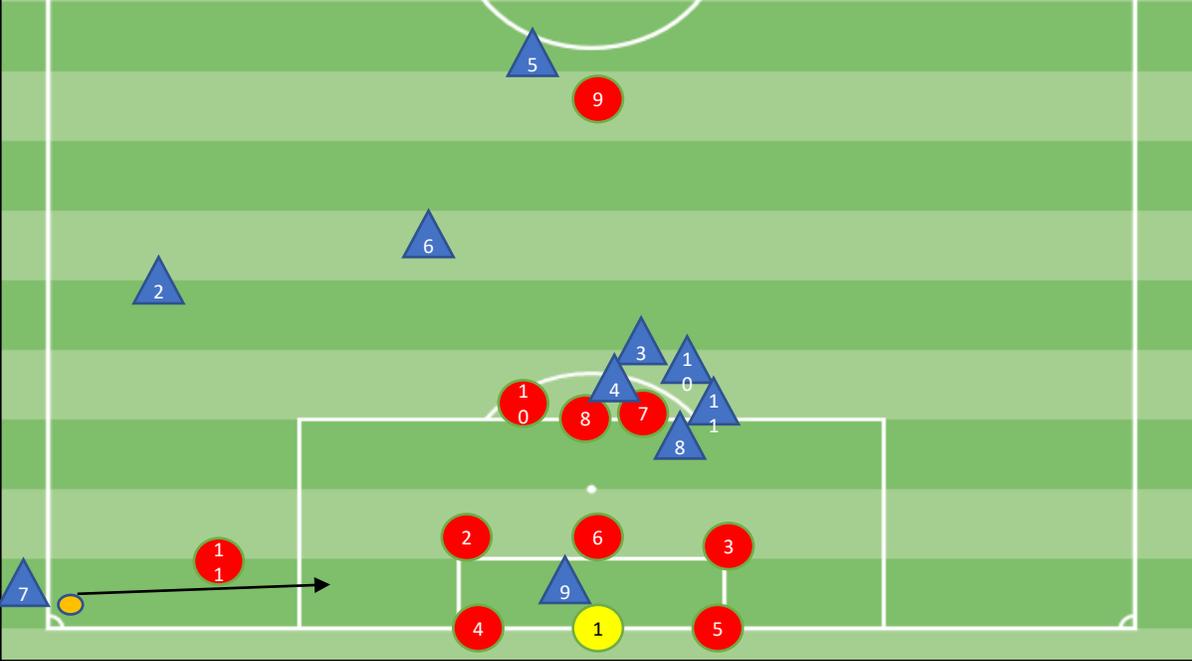
ATTACKING SET PIECES		CORNER KICKS		
DATA – WHAT HAPPENED				
Corner kick/ how		Attempts	Successful	Unsuccessful
-				

**1. Organization & Strategy – (Focus Team is Blue in this example)** Driven ball - not floated – into predetermined areas; create a short option (using the #2 in this example); Attacking players (#11 and #7 in this example) are on the near and far post come out upon delivery to frame the goal and create “picks” as the other players run in with their designated runs (near, far, middle, 12); Leave a player at the top of the D for clean-up and stop the counter; #9 on the GK - player uses arms palms up to block vision - lean into them with hands still up when ball played in; Set a target player (with height) and designate a spot for delivery of the ball. One center back forward leaving one back; opposite side outside back covers counter.



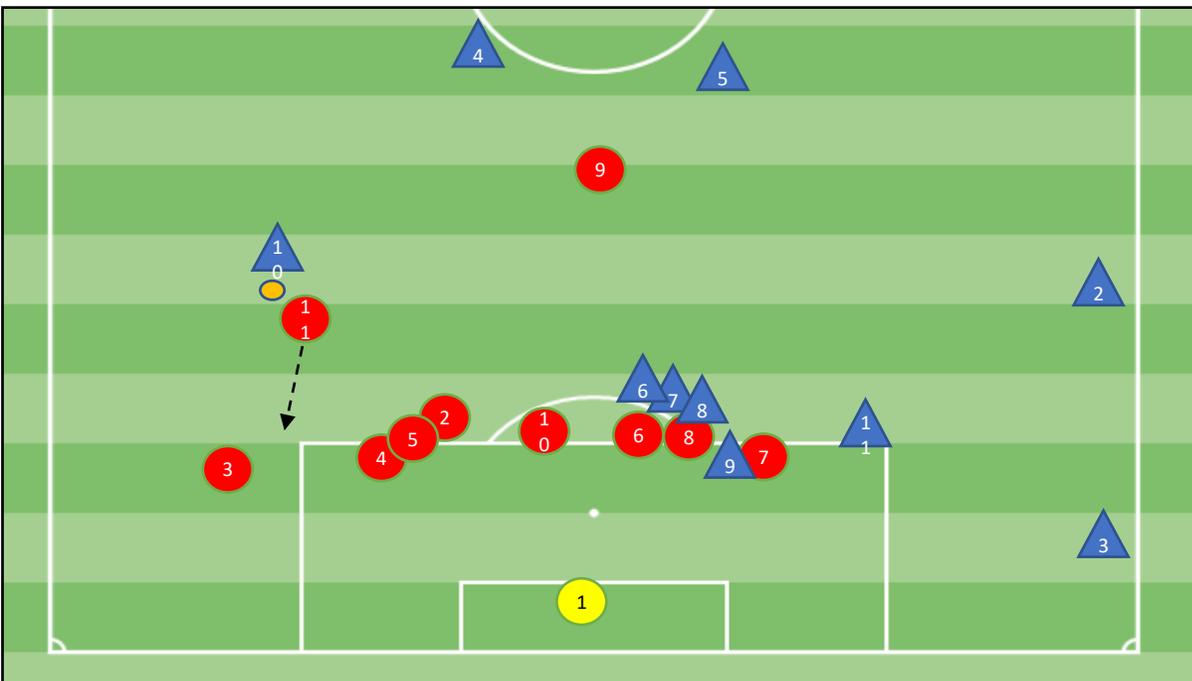
ATTACKING SET PIECES		FREE KICKS		
DATA – WHAT HAPPENED				
Free kick/ how		Attempts	Successful	Unsuccessful
-				
-				

**1. Organization & Strategy – (Focus Team is Blue in this example)** Driven ball in between the goal box and penalty spot - not floated; Look for players on the right side who can swing a ball in using left foot or vice-versa on other side; Frame the goal with runs (near, far, middle, 12 and top of the D); Have two designated target players (with height) and set "picks" on their runs. Possible run from the #6 in the example in and behind ball on the ground. We’ll discuss possible “trick plays” and more.



DEFENDING SET PIECES		CORNER KICKS	
DATA – WHAT HAPPENED			
Corner kick/ how	Attempts		
-			
-			

**1. Organization & Strategy – (Focus Team is Red in this example)** The two center backs on each post. The outside backs and the #6 framing the goal box for zonal marking. #11 covering the short option. The #10, #8, #7 are matching-up /man-marking based on height. First to the ball, and find the outlet #9 who can hold up play and allow the wingers and rest of the team to move forward and quickly counter in transition. (coaching point - attack the ball when it comes in – own the box!)



DEFENDING SET PIECES		FREE KICKS	
DATA – WHAT HAPPENED			
Corner kick/ how	Attempts		
-			

**1. Organization & Strategy – (Focus Team is Red in this example)** Hold 18 line - step up as necessary upon delivery of the ball (offside possibilities); Match-up with players by height (touch tight man-marking); Watch for players hanging top of the D for any deflections, trash to clean-up. Closest player get in front of the ball right way! – make the other team ask for 10 yards to prevent quick restart. Number of defenders in the wall depends on distance/angle of the restart – this example (left) show a three-defender wall (appropriate for this angle and distance). The next page of this document show the zones and appropriate wall size in specific areas. GK must command the box.